

# Who's pulling your strings?

Domestic Abuse -  
Where to get help during  
the Covid-19 pandemic

If you or someone you know is  
affected by domestic abuse,  
tell someone. We will listen.

Cut the strings and put a  
stop to domestic abuse.

#CutTheStrings



South Yorkshire

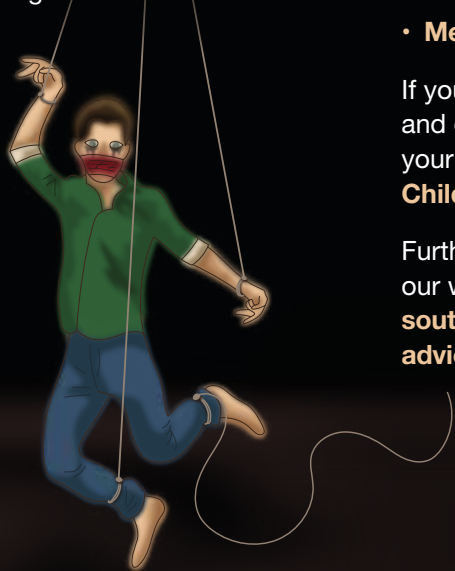
**POLICE**

**We know that COVID-19 (Coronavirus) will have a serious impact on the lives of women, children and men who are experiencing domestic abuse.**

Fears over jobs, financial pressure, school closures, working from home and all the other current changes to our day to day lives are likely to result in an increase in domestic abuse incidents.

If you're already living with domestic abuse, then the restrictions put in place while the government tries to slow the spread of the virus have probably left you fearful of being isolated in the house with your abuser and as if there is no where to go for help.

You may not be able to see friends and family who usually support you, and some of the places where you go for help or treatment may be closed or offering a reduced service.



**Please remember that you should call 999 if you or someone else is in immediate danger.**

While some domestic abuse support services are not able to offer face to face meetings at this time, there is still help and advice available online and over the phone. These local and national organisations are working hard to ensure they can still support you.

- **Sheffield Domestic Abuse Helpline** - 0808 808 2241
- **Barnsley Independent Domestic Abuse Service** - 03000 110 110
- **Doncaster Domestic Abuse Helpline** - 01302 737 080
- **Rotherham Rise** - 0330 202 0571
- **National Domestic Abuse Helpline** - 0800 2000 247
- **National LGBT Domestic Abuse Helpline** - 0800 999 5428
- **Men's Advice Line** - 0808 801 0327

If you're a child or young person and domestic abuse is happening in your home or relationship, then call **ChildLine on 0800 1111**.

Further information can be found on our website at:  
[southyorks.police.uk/find-out/advice-for-victims/domestic-abuse/](https://southyorks.police.uk/find-out/advice-for-victims/domestic-abuse/)



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