

Staying safe at home

Domestic violence, also called domestic abuse, includes physical, emotional and sexual abuse in couple relationships or between family members.

Domestic violence can happen against anyone, and anybody can be an abuser.

During the COVID-19 pandemic, domestic abuse charities and other organisations are reporting an increase in cases.

If you or someone you know are at risk, you can reach out to one of these national or local support services, including the police and refuges.

Emergency

If it's an emergency, please call police on 999 or non emergency 101

Helplines and refuges

Domestic abuse helpline

Website nationaldahelpline.org.uk

Call 0808 2000 247 (Available 24/7)

West Berks Domestic Abuse Service (Newbury area)

Website a2dominion.co.uk

Call 0800 731 0055

Berkshire Women's Aid (Reading, Wokingham & Bracknell areas)

Website berkshirewomensaid.org.uk

Call 0118 954 003

Dash (Windsor and Maidenhead)

Website thedashcharity.org.uk

Call 01753 549 865

Hestia Emergency Refuge

Website hestia.org

Call 01753 477 352

[Search and download their Bright Sky app](#) – disguised as a weather app, it gives free information and local support, and 'am I at risk?' questionnaire