

Domestic abuse

There has been a spike in Domestic Abuse cases during the outbreak. If you, your child or anyone in the family are at immediate risk of harm, you should contact the police urgently, **call 999**.

Please see the guidance on how to cope during the COVID-19 pandemic if you are experiencing domestic abuse [here](#). The Safeguarding Team is on hand Monday to Friday, 8am-5pm (excluding Bank Holidays) if you need to speak to someone in confidence. The contact details for support for staff are:

- Aintree – 0151 529 2590
- Royal and Broadgreen – 0151 706 2864.

If you are a Liverpool resident and are experiencing domestic abuse or believe someone you know is, please contact support services via:

- www.victimcaremerseyside.org (directory of services)
- <https://ehd.liverpool.gov.uk/kb5/liverpool/fsd/home.page> (Liverpool early help directory)

or call:

- Worst Kept Secret Helpline: **0800 028 3398**

Further support can also be found at these national agencies:

- Women's Aid | womensaid.org.uk | <https://www.womensaid.org.uk/information-support/>
- National Domestic Violence Helpline: 0808 200 247 (24 hours)
- Refuge (includes information for men) | refuge.org.uk | **0808 200 0247** (24 hours)
- The Men's Advice Line, for male domestic abuse survivors – **0808 801 0327**

- National LGBT+ Domestic Abuse Helpline – **0800 999 5428**
- Samaritans (24/7 service) – **116 123**.

Patient focused guidance on domestic abuse can be found on the [clinical guidance homepage](#).

RASA Merseyside (rape and sexual assault support service)

Although face-to-face services are not currently available in many areas, RASA Merseyside is still providing services by phone and on-line. You can make a self-referral to RASA Merseyside by calling the office on 0151 558 1801 or email: reception.bootle@rasamerseyside.org.

Their helpline is open:

- Tuesday, 6pm-8pm
- Thursday, 6pm-8pm
- Friday, 12 noon-2pm.

T - 0151 666 1392

E - helpline@rasamerseyside.org.

For more information and for national support, please visit: <https://rapecrisis.org.uk/get-help/coronavirus/>.

- - much more quickly than they would be able to through a traditional solicitor.

Conclusion – Do Not Suffer in Silence

These are unprecedented times with many of the “certainties” in our lives on hold or absent. We will all need some support to adapt to changes and may need some help at some time. Do not suffer in silence. Talk to your line manager or contact the Health and Wellbeing Team on 0151 529 4722 or email: mark.caffrey@liverpoolft.nhs.uk in confidence