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Domestic abuse: support is available if you're feeling uneasy about second lockdown

Central Bedfordshire Council sent this bulletin at 05-11-2020 10:04 AM GMT

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Coronavirus update

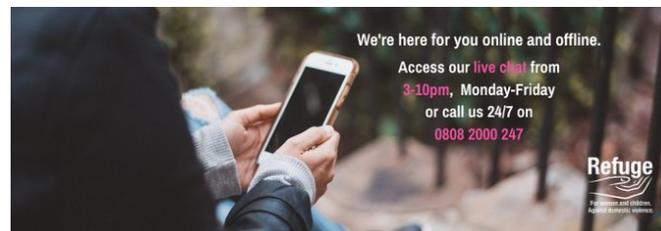
Domestic abuse: support is available if you're feeling uneasy about second lockdown

Earlier this year Refuge, the sole provider of the National Domestic Abuse Helpline, reported the demand for its Helpline and the number of visits to its National Domestic Abuse Helpline website spiked significantly during lockdown.

As we head into a second lockdown, with restrictions in place until 2 December and instructions to minimise our time spent outside the home, we'd like to remind you of support that's available to help keep you safe.

Do you need support?

You are not alone. If you or someone you know is affected by domestic abuse, call the National Domestic Abuse Helpline 0808 2000 247. Or, use the live chat option on their [website](#).



Visit the [Bedfordshire Domestic Abuse Partnership](#) website for more information about local and national support for all affected by domestic abuse, including men, children and young people, older people and people from the LGBT+ community.

In an emergency, always dial 999.

Are you worried about someone else?

If you're worried about a family member, a loved one, a friend, a neighbour or a work colleague, you can report concerns about domestic abuse anonymously.

If you suspect domestic abuse and don't want to reveal your identity, talk to CrimeStoppers by calling 0800 555 111. Or visit the CrimeStoppers [domestic abuse webpage](#) where you can anonymously complete an online form.

Are you worried about your own behaviour?

In May 2020, the Respect Phonenumber, a confidential helpline for perpetrators of domestic abuse, received 70 per cent more calls and 64 per cent more emails from people who wanted to discuss their behaviour towards their partner and family.

Are you concerned about your own behaviour? Call the Respect phonenumber on 0808 802 4040 and talk to an advisor. It's a free call and you won't be judged or shamed. To find out more, you can also visit the [Respect Phonenumber website](#).

[COVID-19 health advice](#)

Get a free NHS test today to check if you have coronavirus

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You can get a test for someone you live with if they have these symptoms. Do not get tests for people you live with who do not have these symptoms.

Stay at home if you have symptoms

If you are getting a test because you have symptoms, you and anyone you live with must stay at home until you get your result.

Anyone in your support bubble must also stay at home.

[Get a test](#)

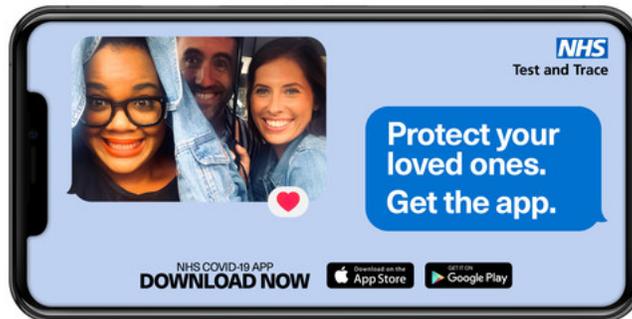
Have you downloaded the NHS COVID-19 App?

The app is available for smartphones only - not tablets, smartwatches or other devices.

To get started, go to [Android's Google Play](#) or [Apple's App Store](#) and search for "NHS Covid-19".

The handsets must have Android 6.0 (released in 2015) or iOS 13.5 (released in May 2020) and Bluetooth 4.0 or higher. That excludes the iPhone 6 and older versions of Apple's handsets.

Further information is available on the [NHS website](#). This also gives information on how to report an issue or if you have any questions about this product.



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