

CORONAVIRUS MAY NOT BE THE ONLY DANGER IN SOMEONE'S LIFE

At a time when we are all being advised to socially distance and self-isolate, understandably survivors may feel that their options are limited. They are unlikely to be able to go to any social groups which may have provided them with some breathing space. Services will be limiting their face-to-face contact and survivors may not be able to meet with someone who has previously been a support.

Whilst research tells us domestic abuse affects women more often and more severely than men, please be vigilant to the needs of all clients at this time.

It is important we remind survivors that they still have options.

Perpetrators of domestic abuse often use isolation to control their partners and limit their options. During the pandemic, there is more opportunity for perpetrators to use these tactics. Perpetrators may use current fears and anxiety around COVID-19 to further control their partner and to justify their own behaviour. This can be difficult to identify as controlling, at a time when so many of us are being advised to stay safe at home. Therefore it is important we are asking;

How could the perpetrator use the pandemic to limit the survivor's actions

Don't assume that the home is the safest place for them.

Ask:

- What are your fears- for self & any children?
 - What feels safest for you just now?

Be clear: If they need to leave, they can. Police Scotland, Women's Aid and Local Housing can assist. Whether they decide to leave or not, it is important we review all safety plans with survivors, incorporating the current situation, and what the perpetrator's pattern of behaviour is likely to look like.

SAFETY PLANNING

Remind survivors to keep their mobile phone with them, charged and switched on.

Ask the survivor to create code words or phrases to alert trusted family or friends if they feel in danger. If using video messaging, i.e. FaceTime or Zoom, consider whether a visual prompt could be used instead of a code word. Ask them to be clear what they would like family or friends to do; phone the police? Make an excuse and hang up?

Discuss a safety plan with children – use a code word to let children know when they should leave the house. Be clear with them where they should go.

If possible advise them to keep documents, some money and essentials in a safe place that can be accessed in an emergency.

Discuss formulating an escape plan, think about the quickest routes out of the house.

If the perpetrator's behaviour is escalating, advise that they try to avoid danger areas in the home i.e. the kitchen or any room where there is likely to be sharp objects.

Domestic Abuse services are adapting and using more technology to provide support. It is important we are aware of whether the perpetrator monitors any devices and find out the safest way and best times to contact the survivor.

Discuss whether it is safe to have emergency numbers. Can they be saved in the phone under another name i.e. Health Visitor?

Remind survivors that housing options remain available to them. If they are homeless or at risk of homelessness and require temporary accommodation they can contact Housing & benefit services via the numbers listed above.

It is important to remember that during this unprecedented time, anyone experiencing abuse continues to have the right and options to seek support or report a crime.

LOCAL SERVICES

If in immediate danger
Call 999 & ask for the
Police. If not safe to speak use the
Silent Solution system; call 999
then press 55 when prompted. Call
101 for non-emergency Police.

**Scotland's Domestic Abuse &
Forced Marriage Helpline: Call
0800 027 1234 (open 24/7)**

**Edinburgh Women's Aid: 0131
315 8110**

**Shakti (BME) Women's Aid: 0131
475 2399**

**National Rape Crisis Helpline-
Call- 08088 01 03 02
Text: 07537 410 027
Email-support@rapecrisisScotland**

**Scottish Women's Rights Centre
Helpline 08088 010 789;
[www.scottishwomens
rightcentre.org.uk/surgeries/](http://www.scottishwomensrightcentre.org.uk/surgeries/)**

**National LGBT & Domestic Abuse
Helpline: 0800 999 5428
Email-help@galop.org.uk**

**Edinburgh Social Care Direct-
0131 200 2324;
Emergency Out of Hours- 0800
032 5968**

**Safer Families Edinburgh- for
Men worried about their abusive
behaviour – Tel: 0131 469 4325**