



**LOVE
IS NOT
ABUSE**

**Everyone has a right
to live free from fear,
violence and abuse**

Are you affected by domestic abuse?

We are able to provide practical and emotional support,
as well as safety planning advice

For specialist, confidential support email:
domestic.abuse@blaby.gov.uk
Or call: **0116 272 7637**

For more information: www.blaby.gov.uk/domestic-abuse

If you, or someone you know, are in immediate danger then always
call the police on 999

Safety planning advice

- In an emergency where you or your children are at risk, always call the police on 999
- Teach your children how to call 999 in an emergency and what to say to the operator (full name, address, telephone number). They should never use a phone in front of an abuser as this could put them and you at risk of further abuse
- Think of someone you can talk to about what is happening: perhaps a trusted friend or family member that is unrelated to the abuser, or a neighbour. Let them know of your situation and ask them to call the police if they hear suspicious noises. You could also think about talking to a doctor, manager at work, helpline worker or teacher
- Discuss the situation with the children's school
- Carry a list of emergency numbers; police, relatives, friends, Domestic Abuse Outreach Co-ordinator, refuge/housing
- Create a code word or a phrase for friends and children so that they know when to call for help or prepare to leave
- Think about escape routes and transport to get away in a hurry
- Think of a safe place to go and alert someone of what is happening or to seek temporary refuge
- Pack an emergency bag for you and your children. This should ideally contain: money, clothing, spare house and car keys, personal documents or copies of: passport, birth certificate(s), marriage certificate, court orders etc. You should keep this in an accessible place or with someone trusted so that you can get to it in an emergency
- Remember to take with you any required medication for you or your children
- If the abuser doesn't live with you, think about getting help to make your home more secure
- Check for tracking devices on your phone, tablet etc
- Keep a record of events if it is safe to do so. This could include details of the incident, and the date and time

