

**Bury St Edmunds**



**Women's Aid Centre**

Here at Women's Aid we recognise that the current government guidance around self-isolation and schools closing until further notice is going to be an extremely worrying situation for those experiencing domestic abuse. For some, home is not the safe place it should be and having little to no contact with the outside world can feel very unsafe.

Although we are running limited services, we are still available for advice and support.

Should any of the Women, children and young people need any advice and support in relation to Domestic abuse please find useful contact numbers and websites below.

The following helplines can offer telephone advice.

**National Domestic Violence Helpline – 0808 2000 247**

**The mix (information and support for those under 25) – 0808 808 4994**

If calling is not an option, online support may be safe and can be accessed through the Women's Aid website. There is also an instant messaging service, which is available between the hours of 10am and 12pm.

For children and young people there are several websites that may be of use –

[www.thehideout.org.uk](http://www.thehideout.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.themix.org.uk](http://www.themix.org.uk)

**In an emergency the advice is to call 999**