

COVID19 and Domestic Violence

Services in Tameside

Self-isolation is of paramount importance to slow down the spread of COVID19 but it brings many challenges and there is a risk of domestic violence escalating during this time as families are closer together for longer, outside support networks are not as readily available and people suffering abuse can become more hidden.

Please make sure that your staff and patients have access to where to get help and support.

Where to get help?

In an emergency 999 police +/- ambulance

**Bridges** - <https://support.jigsawhomes.org.uk/information-article/bridges-domestic-abuse/>

0800 328 0967 0161 331 255

[bridges@jigsawhomes.org.uk](mailto:bridges@jigsawhomes.org.uk)

24 hour help 0800 328 0967

**Women's Aid National Domestic Violence Helpline** 0808 2000247 [www.womensaid.org.uk](http://www.womensaid.org.uk)

**The Men's Aid National Domestic Violence Helpline** 0808 801 0327 [www.mensaid.co.uk](http://www.mensaid.co.uk)

**The Hide Out** [www.thehideout.org.uk](http://www.thehideout.org.uk)

**Childline** 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**Multi Agency Safeguarding Hub MASH** 0161 342 4101 (out of hours/weekend 0161 342 4222)

**Freephone 24 Hour National Domestic Violence Helpline** 0800 2000 247  
[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

**LGBT Foundation** 0345 3 30 30 30 (10-10 M-F)

**National Sexual Violence Helpline** 0808 802 9999