Despite the COVID-19 outbreak, Violence Against Women and Girls (VAWG) services are **still in operation**. Please see below for all support available.

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| [This Photo](http://whatislove-2010.blogspot.com/2012/02/dont-ignore-warning-signs-of-child.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) | **In an emergency you should always call 999** |
| If you are in danger and unable to talk on the phone, call **999**, and then press **55**. This will transfer your call to the relevant police force who will assist you without you having to speak. |

Our Independent Domestic Violence Advocates (IDVA) and Hate Crime Casework service are still available. However, due to Government guidelines around Covid 19, the drop-in service at the Shadwell Centre will not be available, neither will our Domestic Abuse One Stop Shop.

If you are experiencing **domestic** or **‘honour’ based abuse** currently and would like emotional or practical support over the telephone, there are several options:

**Local support:**

* **Tower Hamlets Victim Support IDVAs** – **020 7364 7957/2448** Monday to Friday 9am to 5pm
* [**Victim Support**](https://www.victimsupport.org.uk/) **24-hour support line** - **0808 1689 111**
* [**Tower Hamlets Crisis Intervention Service**](https://www.lookahead.org.uk/our-services/our-service-map/services-accept-self-referrals/tower-hamlets-community-intervention-service/) - **020 3222 4027** Monday to Friday 9am to 5pm & weekends 10am to 6pm
* Stratford / Thames Magistrates Court updates - **0300 303 0645** [northlondonmc@justice.gov.uk](mailto:northlondonmc@justice.gov.uk)
* **Legal advice** relating to domestic abuse and family law, such as non-molestation orders, child arrangements, or divorce - Bowling & Co solicitors: [family@bowlinglaw.co.uk](mailto:family@bowlinglaw.co.uk) / **020 8221 8000** and in case of emergencies **07464 925 083**
* **Legal advice** casework support, including helping clients to obtain non-molestation orders. Pls see [www.legaladvicecentre.london](http://www.legaladvicecentre.london). Telephone 0203 606 0372 or 0208 980 4205
* **Tower Hamlets VAWG Team** duty line for signposting professionals and victims onto specialist VAWG services - **0800 279 5434** Monday to Friday 9am to 5pm or [Domestic.Violence@towerhamlets.gov.uk](mailto:Domestic.Violence@towerhamlets.gov.uk)
* **Tower Hamlets Housing Options Service Team** (HOST) will no longer have a drop in service. For those at risk of homelessness contact HOST on **020 7364 7474**, Monday to Friday 9am to 5pm. After 5pm call their emergency line on **020 7364 4079**
* **Adult Safeguarding Team** - **020 7364 5005**
* **Children Safeguarding Team** - **020 7364 3444**
* If you require information or advice about a court related case, please contact the Police Officer in charge or your IDVA/Support Worker.

**National support:**

* [National Domestic Violence Helpline](https://www.nationaldahelpline.org.uk/) for free safety advice and refuge spaces is open 24 hours a day 7 days a week on **0808 2000 247**
* If you are a member of the LGBT+ community, [Galop](https://www.galop.org.uk/galop-to-run-national-lgbt-domestic-violence-helpline/) runs a specialist helpline on **0800 999 5428** open Monday-Friday 10am to 12.30pm & 1.30pm to 4pm or email [help@galop.org.uk](mailto:help@galop.org.uk)
* All of the above services support men and there is a specific [Men’s Advice](http://www.mensadviceline.org.uk) line **0808 801 0327** open Monday-Friday (9am-8pm Monday & Wednesday; 9am-5pm Tuesday, Thursday, Friday) or email[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
* [Women’s Aid](https://www.womensaid.org.uk/) have an online support service <https://chat.womensaid.org.uk/> Monday to Friday 10am-12pm. They also have provided survivors a [COVID-19 safety guide you can find here.](https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/) Women’s Aid and Imkaan also coordinate free rail travel via the “Rail to Refuge” Scheme once a refuge place has been offered.
* [Hestia](https://www.hestia.org/brightsky) provides a free-to-download mobile app, Bright Sky, which hides as a weather app but provides support and information to anyone who may be in an abusive relationship or those concerned about someone they know.

**Other VAWG support:**

* If you are a girl (aged 14+) or woman and have been a victim of **sexual assault**, you can contact [Rape Crisis](https://rapecrisis.org.uk/) **0808 802 9999** between 12pm-2.30pm and 7pm-9.30pm every day. For survivors aged 16+ Rape Crisis have a [Live online Chat Helpline](https://rapecrisis.org.uk/get-help/live-chat-helpline/about-the-live-chat-helpline/) open Monday to Friday (Various times)
* [Beyond the Streets](https://beyondthestreets.org.uk/), who provide outreach support to women involved in **prostitution** continue to support women via telephone and can be contacted on **0800 133 7870** or email on [support@beyondthestreets.org.uk](mailto:support@beyondthestreets.org.uk)
* Women’s Health and Family Service run the [**Female Genital Mutilation** **(FGM)**](http://whfs.org.uk/index.php/what-we-do/fgm) Engagement Service. They continue to offer support to women by telephone and can be contacted on **020 7377 872** Monday to Friday 9am-5pm.
* The [**Forced Marriage** **Unit**](https://www.gov.uk/guidance/forced-marriage#what-is-forced-marriage)can be contacted for advice and support on **020 7008 0151** or emailed on [fmuoutreach@fco.gov.uk](mailto:fmuoutreach@fco.gov.uk) or you can contact them via Facebook: [Forced Marriage page](https://www.facebook.com/forcedmarriage).
* [Karma Nirvana](https://karmanirvana.org.uk/) is another organization supporting those at risk of **‘honour’ based abuse** and **forced marriage** and can be contacted on **0800 599 9247** Monday to Friday 9am-5pm or emailed on [support@karmanirvana.org.uk](mailto:support@karmanirvana.org.uk)
* If you are experiencing **stalking** or **harassment** you can call the [National Stalking Helpline](https://www.suzylamplugh.org/contact-the-helpline) on [**0808 802 0300**](tel:08088020300) open Monday-Friday 9.30am to 4pm except for Wednesdays when it is open 1pm to 4pm
* If you believe that someone is being **trafficked** for the purposes of sexual exploitation you can report your suspicions to the [Modern Slavery Helpline](https://www.modernslaveryhelpline.org/): **08000 121 7000**

**Perpetrators of abuse**

If you are worried about how you are treating your partner or family member and want to stop your behaviour, you can contact [Respect](https://respectphoneline.org.uk/) on **0808 802 4040** or email on [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) they also have a live Webchat available (various times).

## **Safety advice if you are living with your abuser**

* Keep your phone charged and on you at all times
* Ensure phone credit is topped up
* Keep away from the kitchen if trying to find a safe space / avoid your abuser
* Speak to a trusted neighbour about the situation and ask them to call 999 if they hear loud noises/arguments
* At the first sign of abuse call 999 for help

The Women's Aid website has [safety advice](https://www.womensaid.org.uk/the-survivors-handbook/making-a-safety-plan/) and a [COVID-19 safety guide](https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/)

If your abuser has access to your phone/internet access, please **delete your browsing history** after you have visited the site.

## **Worried about a friend or neighbour?**

If you are worried that your friend or neighbour is experiencing domestic abuse you can:

* Reach out to the victim and let them know that you care
* Ask the victim if they are ok
* Call 999
* Report it via Crimestoppers on 0800 555 111 or <https://crimestoppers-uk.org/give-information/forms/pre-form>
* Silence Shields Abuse Campaign, contact Solace – 0808 802 5565

You could be the person that makes a difference.