



AT HOME SHOULDN'T MEAN AT RISK

YOU ARE NOT ALONE

DOMESTIC ABUSE

Making contact with us

We know it takes a lot of courage to report domestic abuse. Telling someone is the first step to keeping you (and your family) safe.

When you contact us, we need to carry out an initial assessment of the circumstances. We may come to you immediately as an emergency response, a prompt response or we may arrange the best time and place to visit you.

When we see you

We are here to listen without judgement and document what you have to say.

We will do a risk assessment based on what you tell us which gives us a better understanding of what's going on and how we can support you.

If you are reporting a crime, we will record it and give you a reference number.

If the matter is not a crime, we will still log all the details, along with the risk assessment, on our systems. This report will remain with us for several years, which will help you get the right support if you need to contact us again.

Supporting you

Your safety comes first, and we are here to offer support and advice to help protect you.

You can find out more on our website **www.sussex.police.uk** - Search 'domestic abuse' or scan the QR code:



There are other agencies where you can seek advice online or on the phone.

- **Safe Space Sussex**

[Safespacesussex.org.uk](http://safespacesussex.org.uk)

Online directory of victim and witness specialist support services local to you.

- **National Domestic Abuse Helpline**

0808 2000 247 refuge.org.uk

Guidance and support for victims.

- **Men's Advice Line**

0808 801 0327 mensadviceline.org.uk

Confidential helpline for male victims of domestic abuse.

- **National LGBT+ Domestic Abuse Helpline**

0800 999 5428 Galop.org.uk

Emotional and practical support for LGBT+ people who have experienced abuse and violence.

- **RespectUK**

0808 802 4040 respect.uk.net

Advice and support for those who are finding it difficult to manage their behaviour and want to make a change.

- **Childline**

0800 1111 childline.org.uk

If you're a child or young person and domestic abuse is happening in your home or relationship, then call or go online.

Call **999** if you or someone else is in danger. For non-emergencies, call **101** or report online at **www.sussex.police.uk**

MAKE YOURSELF HEARD



If you need urgent police help
but cannot speak, you should:

1. Dial **999**
2. Listen to the questions from the operator
3. Respond by coughing or tapping your device, if you can
4. If prompted, press 55 to let the operator know it's a genuine emergency and you'll be put through to police.



Report online at **www.sussex.police.uk**
or **call 101**. In an emergency always **call 999**.

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