



AELOD CYNULLIAD DROS ABERAFAN

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COVID 19 - Domestic abuse

In light of the current and developing situation with Coronavirus, the Welsh Government, along with violence against women, domestic abuse and sexual violence (VAWDASV) services are working hard to continue to provide the vital, lifesaving support to those who need it in Wales as well as protecting survivors and staff within these services.

Advice for you, or if you are worried about someone you know:

If you, or someone you know is suffering from physical or emotional abuse at the hands of a partner, please contact:

- The 24 hour National Domestic Abuse helpline - 0800 970 2070
- Women's Aid - 0808 2000 247 or email helpline@womensaid.org.uk and a messaging service at chat.womensaid.org.uk.
- If you cannot talk in safety, but need help immediately, dial 999 followed by 55 to indicate you can't talk, but need help.

The Welsh Government's **Live Fear Free**, provides help and advice about domestic abuse and sexual violence during the coronavirus emergency:

- FREE Telephone helpline: 08088010800.
- FREE text helpline: 07860077333.
- FREE email helpline: info@livefearfreehelpline.wales
- FREE webchat helpline:
<https://gov.wales/livefearfree/contact-live-fear-free>



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