

# UPDATE

## Covid-19: You are not alone. Continued support for people who struggle with conflict during lockdown

Domestic abuse comes in many shapes and sizes. If you're reading this now, it's probably because you're worried about your behaviour toward someone close to you or your worried about their behaviour. It could be your partner, child or another member of your family. It could be physical or emotional harm.

We know that with more people stuck indoors under stressful circumstances, domestic abuse might get worse or happen more often. It might even be the first time you recognise harmful behaviour as domestic abuse.

### Help for those who harm

Let's make one thing clear: we're not here to judge. We know there are hundreds of possible reasons that you've got to this point and all we want to do now is help. We've helped thousands of people who have used harmful behaviours toward people closest to them to make positive changes in their lives, moving towards a happier, healthier future. You can do the same.

Lockdown is a stressful time for most of us. You might feel anxious. Depressed. Restless. Frustrated. Bored. Irritable. That's completely understandable. But if it feels as though conflict, confrontation, anger and aggression have become worse or your behaviour is worrying you within your household, perhaps now is the time to reach out for help?

### Self-help tools

Our recovery programmes for people who harm have moved online due to the social distancing measures in place at the moment, but there are some self-help tools that might be useful for all at home which we thought we would share:

1. Time out
2. Calm breathing
3. Body mapping



### Getting help

In an emergency, ring 999 – the police will be prioritising your calls.

In Cheshire East we provide a 24/7 helpline for anyone who needs support. You can get in touch with the **Cheshire East Domestic Abuse Hub – for anyone affected** - by:

- **phoning** 0300 123 5101

- **emailing** [cedah@cheshireeast.gov.uk](mailto:cedah@cheshireeast.gov.uk) [This may not be the most secure way to get in touch because you're sending personal information over the internet, but if it's your only way it's better than nothing. *Please think about who has access to your emails before you do this.*]

- **text** 07771941464

We can **call you back to save your credit or arrange to speak** to you at a time when you can talk without your children or partner overhearing.

You can also visit MyCWA website [www.mycwa.org.uk/people-who-harm](http://www.mycwa.org.uk/people-who-harm) if you're not ready or not able to contact us.

### Self-help and other support

There's lots of support online for domestic abuse survivors and people who harm. Here are a few resources you might find helpful:

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

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

[www.cheshireeast.gov.uk/domesticabuse](http://www.cheshireeast.gov.uk/domesticabuse)

[www.actonitnow.co.uk](http://www.actonitnow.co.uk)

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

National Domestic Violence Helpline: 0808 2000 247 (24 hours)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

Samaritans (24/7 service)  
116 123

