

As an organisation, SWFRS is committed to safeguarding our staff and the public, in particular those who may be at increased risk from abuse.

We understand that if you, or someone you know, is living in fear of domestic abuse, current restrictions imposed to tackle Covid-19 could make your situation even more difficult.

Please reach out. The following information can help:

[Live Fear Free](#) is a free helpline providing 24 hour support every day of the year: **0808 80 10 800**. They also offer a live chat option via social media and a text service: **07860 077333**

[Bright Sky](#) is an app which is free to download and provides support and information to anyone who may be in an abusive relationship or concerned about someone they know.

[Respect UK](#) works with perpetrators of domestic violence, male victims and young people using violence and abuse in close relationships. Their helpline is open Monday to Friday 9am-5pm: **0808 802 4040**. They also offer a webchat available via social media and their website and operate a men's advice line on **0808 801 0327**

The [Safer Wales Dyn Project](#) provides support to Heterosexual, Gay, Bisexual or Trans men who are experiencing domestic abuse from a partner **0808 801 0321**

[Galop](#) provides advice and support to people who have experienced biphobia, homophobia, transphobia, sexual violence or domestic abuse. **0800 999 5428**

[Childline](#) is a free private and confidential space where children and young people under 19 in the UK can talk about any issues they are going through. **0800 1111**

More advice and guidance:

- [Childline Advice for Parents on Keeping Children Safe Online](#)
- [MEIC Support for Older Children and Young People](#)
- [Adverse Childhood Experiences video](#)
- [Welsh Womens Aid Domestic Abuse Support](#)
- [Chayn support in multiple languages](#)