

DOMESTIC ABUSE



Help is available

Castlehill Housing Association is following all government recommendations closely to ensure, as much as we can, that no tenant or staff member is put at unnecessary risk.

We recognise that this can mean that for some tenants this can mean that they are feeling more vulnerable and isolated than ever due to the fact that they experience domestic violence on a daily basis.

We think that staying at home does not mean you cannot seek advice, support or help if you are experiencing this even in these unprecedented times.

You are not alone. Help is available.

Contact the Police

If you are experiencing Domestic Violence contacting the Police is vital. You can call them on 101 or in an emergency call 999.

The police acknowledge that you may feel you don't want to report issues, given the current pandemic, but they want to reassure you that they take your situation seriously.

DOMESTIC VIOLENCE & COV-19

We now have spread of COVID-19 within communities. We know that this will further complicate the lives of those who are living with the threat of domestic violence.

Castlehill is part of the Make a Stand campaign developed by the Chartered Institute of Housing in partnership with Women's Aid and the Domestic Abuse Housing Alliance.

We have gathered a selection of information for people who may be experiencing domestic abuse or who are afraid of an escalation of harm and they are available here.

**MAKE
A
STAND**

Our homes, our people,
our problem.

Organisations who can offer help and support

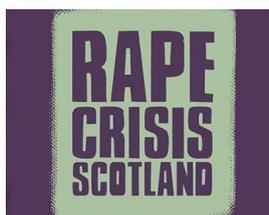
We realise people will feel very alone during this time of isolation these feelings will increase - but it is important to know there is help which can be accessed. All these organisations will believe you and will offer information or signpost you to places that can help.

Rape Crisis Scotland

This national organisation has online help <https://www.rapecrisisscotland.org.uk> and has a helpline 08088 0103002 which is staffed daily from 6pm - midnight.

The helpline can put you in touch with local centres and arrange for interpreters should English not be your first language.

They can offer phone and email support and information and advice about the law, health and medical issues.



Women's Aid

Women's Aid is continuing to provide their valuable support throughout the lockdown period.

www.womensaid.org.uk/information-support and the following services may be of use:

Live chat online <https://chat.womensaid.org.uk> is available Monday - Friday 10-12pm - useful if you feel you can't chat on the phone for whatever reason.

Chayn

The Chayn website www.chayn.co is a useful site for those who are experiencing a wide variety of abuse issues. The organisation has help available for those for whom English is not their first language.

Scotlands domestic Abuse and forced marriage helpline

www.sdafmh.org.uk
This helpline 0800 027 1234 remains open 24/7 with support available you can email on helpline@sdafmh.org.uk or chat online through their site.

Safe lives website could help...

This website www.sdafmh.org.uk has a wide range of information available for those living in fear of domestic abuse.

They have a wide range of helplines and support pages and can signpost you to help within your area.

Talk to us...

Our experienced staff know how to signpost you to other agencies who have further expertise on domestic abuse.

They understand that life can be struggle but believe that worrying about your tenancy shouldn't add to it. Talk to your housing officer or key project worker they can help.

