

Keeping safe

If you think you are experiencing any type of abuse, it is important to remember that it is not your fault and that there is support available.

If you are unsure, go with your instincts, if it doesn't feel right, it probably isn't. You may feel alone and that no-one can help you; but many people experience abuse and there are many services that can provide support.

You can speak to your teacher, GP, work colleague or any other trusted professional. Speaking to someone about what you are going through can help you to feel less alone and can support you in understanding your options.

Keeping safe

There are steps you can take to help keep yourself (and your children) safe:

- Tell someone you trust about the situation. Ask them to keep an eye on you. Decide on a safe word or phrase you can use, or text to let them know you are in danger. Agree what they would do in this situation (e.g. call the police).
- Plan what to do in an emergency. Decide which room at home feels safest and which friends or family you can turn to. If you can't leave the property try to block yourself in the safest room and call 999.
- Teach your children when to call 999, what to do, and how to give their address. Ask neighbours to call 999 if they hear a disturbance. Keep copies of important documents, along with some emergency money, any medication, and a packed bag for emergencies in a safe place or with a trusted friend or family member.
- Keep your phone close and fully charged. Put important numbers on speed dial.
- Keep a date, time and item record of unwanted contact and how it made you feel. Only do this if you have a safe place to store it.
- If you are planning to leave ask for help and support to consider how to do it in the safest way possible.

Help and advice

How to get help – the Police

You can report abuse in the following ways:

- By calling 101
- [Online](#)
- In person at [your local police station](#)

Remember to always call 999 if you or someone else is in immediate danger.

How to get help – specialist services

If you've been affected by domestic or sexual abuse or violence contact [The Portal](#) to find out more about the help, advice and support available. The Portal is a partnership of leading Sussex Domestic and Sexual Abuse Charities including [cql](#), which also offers a range of other services in East Sussex.

To contact The Portal, call Freephone 0300 323 9985 or email info@theportal.org.uk.

How to get help – children

If you are worried about a child or teenager who might be at risk of harm or in danger:

- In an emergency call 999
- Otherwise contact the [Single Point of Advice \(SPOA\)](#) team:

Phone: 01323 464222

Opening hours: Monday to Thursday 8.30am to 5pm, Friday 8.30am to 4.30pm

How to get help – adults

If you are concerned that you or someone you know about may be being abused, neglected or exploited, contact [Adult Social Care](#).

- If the person is in immediate danger, contact the police on 999.
- Otherwise Phone: 0345 60 80 191, 8am to 8pm 7 days a week including bank holidays.