

# How to spot the signs of domestic abuse during COVID-19

During these difficult times, how do we as friends, family or neighbours support those who may be experiencing domestic abuse

## Some signs could be:

- Has communication changed from video calls to voice calls?
- Do you talk less often?
- Is the partner always controlling the conversation?
- Does the conversation seem false?
- Are the calls less frequent/shorter?
- Can you hear arguing?
- Do they seem preoccupied/wanting to get off the phone?
- Have you seen your neighbour like you normally would?
- If there are children within the household, have they changed?
- Are your questions being answered? Think about what is not being said.

**If you have any concerns, please seek further advice from the services below:**

### Hampshire Domestic Abuse Service

Tel 03300 165 112

Web [hants.gov.uk/socialcareandhealth/domesticabuse](https://hants.gov.uk/socialcareandhealth/domesticabuse)

### Stop Domestic Abuse for Victims

Tel 03300 165 112 • Web [stopdomesticabuse.uk](https://stopdomesticabuse.uk)

### The Hampton Trust

For anyone who is or feels they may hurt their partner  
Tel 023 8000 9898 • Web [hamptontrust.org.uk](https://hamptontrust.org.uk)

### Hampshire Constabulary

Web [hampshire.police.uk/advice/advice-and-information/daa/domestic-abuse/](https://hampshire.police.uk/advice/advice-and-information/daa/domestic-abuse/)

### Government

Web [gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse](https://gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse)

**If you feel anyone is at immediate risk, call Hampshire Constabulary on 999.**