



Llywodraeth Cymru
Welsh Government



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800

ffôn • tecst • sgwrsio byw • ebost
call • text • live chat • email

gov.wales/livefearfree

Home shouldn't be a place of fear

Partner pack
Updated October 2020

Live Fear Free
Covid-19 Campaign

Information for partners

For some, staying at home as a result of Covid-19 will increase their risk of domestic abuse, sexual violence and coercive control, and even greater isolation. The need to stay home could increase an abuser's power and control, with signs of abuse less visible, as victims have had fewer opportunities to access their usual supportive networks such as work, family or community groups.

The **Home shouldn't be a place of fear** campaign continues to develop to let those at risk of violence and domestic abuse know that help is still available, 24 hours a day, 7 days a week via Live Fear Free. There are a number of ways to get in touch with the Live Fear Free helpline and seek help, advice and support – by telephone, live chat, text or email. We also want to make sure that people who are concerned that someone they know may be experiencing abuse can also contact the helpline.

We are again running adverts on Spotify, digital and social media channels. We want to remind people of the support and advice available and direct them to the **website** and the Live Fear Free helpline 0808 80 10 800.

People affected by domestic abuse, sexual violence and coercive control can be hard to reach. We really need your help to raise awareness of the support and advice that is available by sharing information across your channels and networks.

You can download campaign assets [here](#) or [here](#)



Violence against women, domestic abuse and sexual violence – online training

We want anyone in a position to help those who may be at increased risk of abuse to be able to recognise the signs. We want to share how help can be given safely, whether that is a volunteer assisting our most vulnerable, a contractor, a postal service worker or a staff member within a local shop, supermarket or retail setting. That is why we have made our violence against women, domestic abuse and sexual violence (VAWDASV) online learning module accessible to all (temporarily during the coronavirus emergency).

Our 45 minute online training can be accessed through guest log on –
<https://learning2.wales.nhs.uk/course/view.php?id=71>

Thank you for your support so far.

If you have any questions, feedback or would like to discuss a specific opportunity for us to share the campaign, please contact us at VAWDASV@gov.wales

Campaign assets

Campaign assets have been further developed and are available for you to share with your networks. All assets signpost people to the different ways they can access help and support from Live Fear Free. **As firebreak restrictions are introduced across Wales, we have updated this pack with the campaign's latest creatives, messages have been updated and new messages added.**

Please can you let us know if you are able to support and share our campaign and, if you are, let us know where you are sharing. We have included potential social media messaging in this pack. If you share messages, could you please tag us and include our hashtag #LiveFearFree. Also, if you are not doing so already, could we ask that you follow us on **Twitter** and like our **Facebook** page.

You can download campaign assets [here](#) or [here](#)



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coercive control
domestic abuse
sexual violence

Help is still available 24/7

Chat to us confidentially #LiveFearFree

TEXT 07860 077333 LIVE CHAT gov.wales/livefearfree info@livefearfreehelpline.wales 0808 80 10 800

Campaign assets

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Home shouldn't be a place of fear

violence and abuse

Chat to us confidentially #LiveFearFree

☎️ 07860 077333 💬 LIVE CHAT gov.wales/livefearfree ✉️ info@livefearfreehelpline.wales 📞 0808 80 10 800

Help is still available 24/7

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Home shouldn't be a place of fear

I'm concerned, something isn't right, I want to help

violence, abuse and control

Chat to us confidentially #LiveFearFree

☎️ 07860 077333 💬 LIVE CHAT gov.wales/livefearfree ✉️ info@livefearfreehelpline.wales 📞 0808 80 10 800

Help is still available 24/7

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 call • text • live chat • email

Mae help ar gael o hyd, ddydd a nos
 Help is still available 24/7

Ddylai neb deimlo'n ofnus gartre
 Home shouldn't be a place of fear



rheolaeth drwy orfodaeth
 coercive control
 cam-drin domestig
 domestic abuse
 trais rhywiol
 sexual violence

Sgwrsia â ni yn gyfrinachol / Chat to us confidentially

☎️ 0808 80 10 800 ✉️ gwybodaeth@llynellgymorthbywhebofn.cymru
 info@livefearfreehelpline.wales
 📞 TECST/TEXT 07860 077333 💬 SGWRSIO BYW llyw.cymru/bywhebofn
 LIVE CHAT gov.wales/livefearfree

#BywHebOfn #LiveFearFree

Social media posts

We've put together some suggested social media posts to help you support the campaign across your channels. Please feel free to tailor these for your audience. Please note the icons next to each post which show if the length of the post is suitable for Facebook, Twitter, or both:  

Updated posts



Firebreak restrictions in Wales may lead to increased risk of abuse and control at home. If you need help, or are concerned about someone, visit gov.wales/livefearfree for confidential advice on staying safe or to chat to a #LiveFearFree advisor



During the firebreak restrictions in Wales, it's important that those at risk of abuse know they can get in touch with Live Fear Free 24/7:

 0808 80 10 800
 Text 0786 007 7333
 Email info@livefearfreehelpline.wales
 Live chat gov.wales/livefearfree



Notice someone is withdrawn or on edge, has bruises, checks their phone? These could be signs of abuse. If you are concerned about someone, visit gov.wales/livefearfree for advice on staying safe or chat to a #LiveFearFree advisor.



If you are experiencing violence or abuse at home, we understand that reaching out for help may be more difficult as restrictions are reintroduced. If you're not able to talk to us, you can reach Live Fear Free by text, email or live web chat: gov.wales/livefearfree



Concerned someone is being abused? Don't be a bystander, contact #LiveFearFree in confidence:

 0808 80 10 800
 Text 0786 007 7333
 Email info@livefearfreehelpline.wales
 Live chat gov.wales/livefearfree



The Live Fear Free helpline is supporting people in abusive relationships through this time to find the help they need. For confidential advice contact @LiveFearFree #LiveFearFree

 0808 80 10 800
 Text 0786 007 7333
 Email info@livefearfreehelpline.wales
 Live chat gov.wales/livefearfree



If you are concerned your friend or neighbour might be isolated with an abusive partner during the firebreak restrictions, you can contact #LiveFearFree in confidence:

 0808 80 10 800
 Text 0786 007 7333
 Email info@livefearfreehelpline.wales
 Live chat gov.wales/livefearfree



Concerned about someone being hurt or controlled by someone they live with? Live Fear Free can help:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



If you have been a victim of sexual abuse or rape, or concerned about someone else, Live Fear Free can also advise of the support options available to you.

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree

General Messages



Everyone has the right to be safe and to #LiveFearFree. If you are experiencing violence or abuse at home, help is available 24/7 via @LiveFearFree:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



If you are experiencing violence or abuse at home, we understand that reaching out for help may be difficult. If you can't talk, you can reach @LiveFearFree 'silently' by text, email or live web chat:

gov.wales/livefearfree

#LiveFearFree



For those experiencing domestic abuse, sexual violence or coercive control during the coronavirus emergency, help is still available.

Speak to #LiveFearFree in confidence:

☎ 0808 80 10 800

✉ Text 0786 007 7333

✉ Email info@livefearfreehelpline.wales

💻 Live chat gov.wales/livefearfree



Home shouldn't be a place of fear. If you, or someone you know, is experiencing violence, abuse or coercive control, you can get in touch with #LiveFearFree in confidence and for free by phone, live chat, text or email. Help is still available: gov.wales/livefearfree



Home shouldn't be a place of fear, but for some, home may become a place where isolation increases the risk of abuse and control. If you need help, or are concerned about someone, visit gov.wales/livefearfree for advice on staying safe or to chat to a #LiveFearFree advisor.



The Live Fear Free helpline is available 24/7 for ALL victims of abuse – whether you're male, female, young or old. Speak to #LiveFearFree in confidence:

-  0808 80 10 800
-  Text 0786 007 7333
-  Email info@livefearfreehelpline.wales
-  Live chat gov.wales/livefearfree



If you're concerned your friend or neighbour might be isolated with an abusive partner, you can speak to #LiveFearFree in confidence 24/7:

-  0808 80 10 800
-  Text 0786 007 7333
-  Email info@livefearfreehelpline.wales
-  Live chat gov.wales/livefearfree



If you think someone is a victim of domestic abuse, sexual violence or coercive control, you can speak to #LiveFearFree in confidence 24/7:

-  0808 80 10 800
-  Text 0786 007 7333
-  Email info@livefearfreehelpline.wales
-  Live chat gov.wales/livefearfree

Thank you for your continuing support

If you have any questions, feedback or would like to discuss a specific opportunity for us to share the campaign, please contact us at **VAWDASV@gov.wales**