

## Don't suffer in silence!

Dyfed Powys Police are still offering support to people living with domestic abuse even in the midst of COVID19.

The message is simple - please don't suffer in silence thinking that you cannot still report or ask for help.

There are still organisations to help you during the #COVID19 social distancing and isolation period.

Please call 999 in an emergency, and if you can't speak for fear of violence, press 55 when prompted to inform police it is a genuine emergency.

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# Make Yourself Heard

In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, **press 55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

Led by



Independent  
Office for  
Police Conduct

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women's aid  
until women & children are safe



NPCC  
National Police Chief's Council



Help and support for those who are experiencing (or know someone experiencing) abuse and sexual violence during the coronavirus emergency can also be obtained by contacting the Fear Free Helpline on 0808 80 10 800.

This helpline is open to women, men and young people experiencing any form of Domestic Abuse or Sexual violence.

The Live Fear Free Helpline will provide immediate advice and guidance before signposting to a local Specialist Support Provider.