



Please don't suffer in silence this Christmas

Christmas can be a difficult time for many and we know that a number of different types of abuse can increase during this period. All forms of abuse are illegal no matter who it is aimed at and no matter what type of abuse – psychological abuse, violence, sexual abuse, financial abuse.

Domestic abuse = any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of their gender or sexuality.

Those who are being abused are highly likely to be fearful as they now know what is likely to happen to them. If that is you, please raise the alarm however you are able:

Ask for ANI in a pharmacy [https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/c/campaigns/2021/ask-for-ani/#:~:text=Ask%20for%20ANI%20\(Action%20Needed,emergency%20help%20to%20a%20chemist.](https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/c/campaigns/2021/ask-for-ani/#:~:text=Ask%20for%20ANI%20(Action%20Needed,emergency%20help%20to%20a%20chemist.)

Ask the delivery driver, the supermarket worker or the postal worker to call 999 for you
If you are a new parent and feel like you're struggling, use post-natal groups as a chance to reach out for support. Alternatively ask us or social care for help. That's what we are here for
Call 999 and use the silent solution by dialling 55 on a mobile

<https://www.thamesvalley.police.uk/contact/how-to-make-a-silent-999-call/>

Find support organisations here <https://www.thamesvalley.police.uk/advice/advice-and-information/daa/domestic-abuse/support-organisations/>

Who do you know that may need you to raise the alarm for them if they are being abused? You may be the only person who knows about the abuse or who can act in that person's best interests. If the abuse is happening now and they are at risk right now, call 999. Alternatively call 101 and report it, or via Crimestoppers confidentially. Other routes to report include the NSPCC and Victim Support.

Find out more about the signs of abuse to look out for by visiting our website

<https://www.thamesvalley.police.uk/police-forces/thames-valley-police/areas/c/2020/domestic-abuse/signs-of-domestic-abuse/>



Message Sent By

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