



Llywodraeth Cymru  
Welsh Government



Live Fear Free Helpline Llinell Gymorth  
Byw Heb Ofn

**0808 80 10 800**

call • text • live chat • email

[gov.wales/livefearfree](https://gov.wales/livefearfree)

# Home shouldn't be a place of fear

Partner pack  
Updated June 2020

Live Fear Free  
Covid-19 Campaign

# Information for partners

For some, staying at home as a result of Covid-19 will have increased 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 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 TV, radio, Spotify and digital and social media channels, as well as in weekly and daily newspapers across Wales. 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



## 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 we move into an easing of restrictions, 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 the assets here 



  Live Fear Free Helpline Llinell Gymorth Byw Heb Ofn  
**0808 80 10 800**  
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**Home shouldn't be a place of fear**

**coercive control**

**domestic abuse**

**sexual violence**

**Help is available, 24/7**

**#LiveFearFree**  
[gov.wales/livefearfree](http://gov.wales/livefearfree)

# Campaign assets





 Live Fear Free Helpline Byw Heb Ofn  
 0808 80 10 800  
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**Home shouldn't be a place of fear**

coercive control

Help is available, 24/7

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 Live Fear Free Helpline Byw Heb Ofn  
 0808 80 10 800  
 call • text • live chat • email

**Home shouldn't be a place of fear**

sexual violence

Help is available, 24/7

#LiveFearFree  
gov.wales/livefearfree





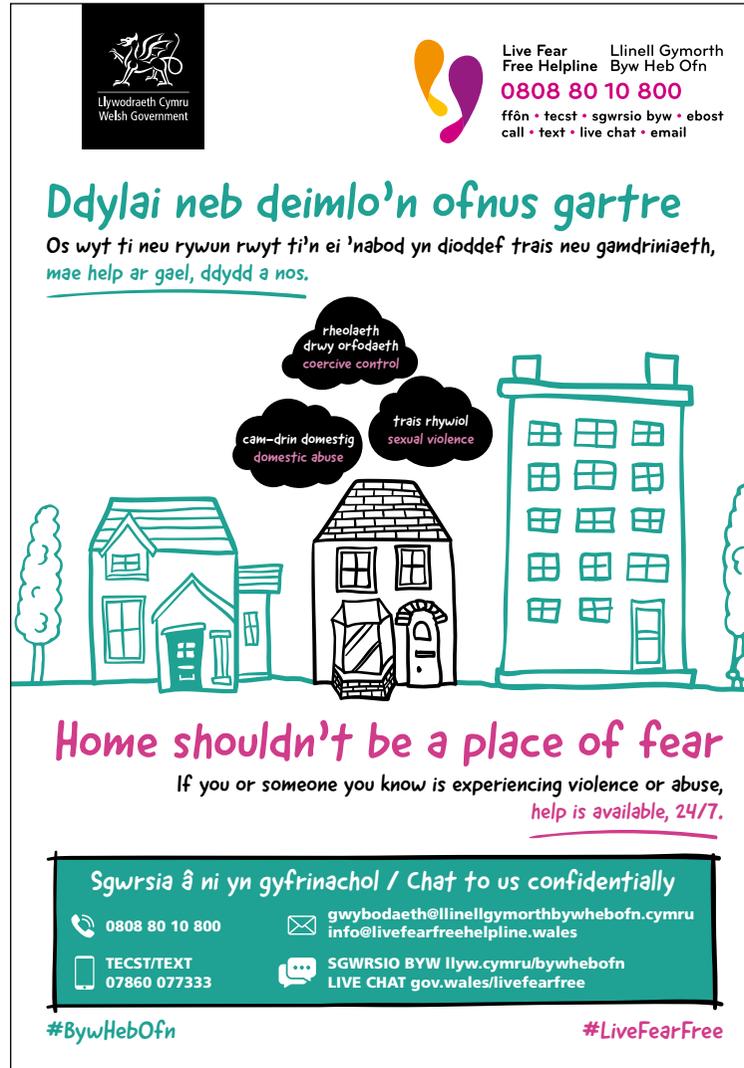
 Live Fear Free Helpline Byw Heb Ofn  
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**Home shouldn't be a place of fear**

domestic abuse

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#LiveFearFree  
gov.wales/livefearfree





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 Byw Heb Ofn  
 0808 80 10 800  
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 call • text • live chat • email

**Ddylai neb deimlo'n ofnus gartre**

Os wyt ti neu rywun rwy't ti'n ei 'nabod yn ddi-dded trais neu gamdriniaeth, mae help ar gael, ddydd a nos.

rheolaeth drwy ofnodaeth  
 coercive control

cam-drin domestig  
 domestic abuse

trais rhywiol  
 sexual violence

**Home shouldn't be a place of fear**

If you or someone you know is experiencing violence or abuse, help is available, 24/7.

**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



Restrictions might be easing for some but not for all. If you're experiencing abuse or control at home, contact @LiveFearFree #LiveFearFree

 0808 80 10 800

 Text 0786 007 7333

 Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

 Live chat [gov.wales/livefearfree](https://gov.wales/livefearfree)



Violence and abuse at home may continue despite the recent easing of restrictions. We are here to help. When safe to do so you can text, email, chat online or call @LiveFearFree

 0808 80 10 800

 Text 0786 007 7333

 Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

 Live chat [gov.wales/livefearfree](https://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](https://gov.wales/livefearfree) for advice on staying safe or chat to a #LiveFearFree advisor.



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](mailto:info@livefearfreehelpline.wales)

 Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)

 Live chat [gov.wales/livefearfree](https://gov.wales/livefearfree)



Experiencing violence or abuse in your relationship or at the hands of someone in your household? As we move through easing restrictions on movement, you may be more able to seek support, contact @LiveFearFree #LiveFearFree

 0808 80 10 800

 Text 0786 007 7333

 Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

 Live chat [gov.wales/livefearfree](https://gov.wales/livefearfree)



With restrictions easing, it may be easier to seek help or leave an unhealthy relationship. For advice contact @LiveFearFree #LiveFearFree

☎ 0808 80 10 800

📱 Text 0786 007 7333

✉ Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://gov.wales/livefearfree)



Concerned that easing of restrictions may mean that an ex-partner is more able to contact, stalk or harass you? Live Fear Free can help:

☎ 0808 80 10 800

📱 Text 0786 007 7333

✉ Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://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](https://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](mailto:info@livefearfreehelpline.wales)

💬 Live chat [gov.wales/livefearfree](https://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](https://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](https://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](mailto:info@livefearfreehelpline.wales)
-  Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)
-  Live chat [gov.wales/livefearfree](https://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](mailto:info@livefearfreehelpline.wales)
-  Live chat [gov.wales/livefearfree](https://gov.wales/livefearfree)

# 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](mailto:VAWDASV@gov.wales)**