

Twitter posts

With new lockdown rules coming into force, please be aware that the below services are still open if you want to report domestic and sexual abuse and seek support. Being at home shouldn't mean being at risk. [@glostakeastand #GlosTakeAStand](#)

If you are experiencing domestic and sexual abuse during lockdown, the rules allow you to leave your home for safety reasons. These services are all offering support to people in Gloucestershire. [@glostakeastand #GlosTakeAStand](#)

Each of these organisations offers non-judgemental support for victims of domestic and sexual abuse. You can get in touch directly, and you don't need to be referred by the police. [@glostakeastand #GlosTakeAStand](#)

Facebook posts

With new lockdown rules coming into force, please be aware that the below services are still open if you want to report domestic and sexual abuse and seek support. You can even get in touch directly if you're not comfortable speaking to police yet.

Being at home shouldn't mean being at risk.

[@gdassglos](#) | [@glosrasac](#) | [@votestroudfuge](#) | [@gcsstroud](#) | [@gloucestersarc](#) | [@teensincrisis1](#) | [@gloucestershire.constabulary](#) | [@womensaid](#) | [@crimestoppers](#) | [@refugecharity](#) | [@ukrespect](#) | [@splitzdv](#)

If you are experiencing domestic and sexual abuse during lockdown, the rules allow you to leave your home for safety reasons. These services are all offering support to people in Gloucestershire.

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Can you hear something worrying from a neighbour's home? You can report concerns about domestic and sexual abuse anonymously to help protect victims. Any of the organisations above can offer support, while the police can help protect those involved.

<https://www.gloucestershire.police.uk/ro/report/ocr/af/how-to-report-a-crime/>

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Where to get help

GDASS

Gloucestershire Domestic Abuse
Support Service
01452 726 570
gdass.org.uk

GRASAC

Gloucestershire Rape and Sexual
Abuse Centre
01452 526 770
glosrasac.org

Stroud Women's Refuge

01453 764 385

GCS

Gloucestershire Counselling Service
gloscounselling.org.uk

National Helpline

National Domestic Abuse Helpline
0808 2000 247

Hope House SARC

Sexual Assault Referral Centre
0300 421 8400
hopehousesarc.nhs.uk

Crimestoppers

0800 555 111

Women's Aid

womensaid.org.uk

Men's Advice Line

0808 801 0327

Teens in Crisis

ticplus.org.uk

National Stalking Helpline

0808 802 0300

Gloucestershire Police

101 or 999
Press 55 is you can't talk



OPCC

Office of the Police &
Crime Commissioner
for Gloucestershire



#YOUARENOTALONE



**Gloucestershire
Constabulary**

Domestic abuse is everyone's business



If you're worried, don't
make excuses. Act.

You might think it's none of your business, or worry you'll say the wrong thing. But now, more than ever, we need to keep each other safe.

If you're worried about someone

- Be safe: remember - social media, phone and emails might be monitored. Don't confront the abuser.
- Be kind: listen, make suggestions, not demands.
- Be there: be understanding and available
- Get help: contact organisations for support and information
- Call 101: if you are concerned about a friend or loved one, or that someone's behaviour is abusive
- Call 999: if you think there's an immediate danger

GDASS | 01452 726 570 | gdass.org.uk

GRASAC | 01452 526770 | glosrasac.org

Stroud Women's Refuge | 01453 764385

National Domestic Abuse Helpline | 0808 2000 247

Glos Counselling Service | gloscounselling.org.uk

Women's Aid | womensaid.org.uk

Crimestoppers | 0800 555 111

Hope House | 0300 421 8400 | hopehousesarc.nhs.uk

Teens in Crisis | ticplus.org.uk

Glos Police | 101 or 999 | Press 55 if you can't talk



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