

Online resources for domestic abuse

Accessing information online may feel like the best option for you at this time. If you do access any information online you may need to delete your browser history or use 'private browsing' as a way to hide your searches.

<https://www.womensaid.org.uk/cover-your-tracks-online/>

<https://www.womensaid.org.uk/the-survivors-handbook/making-a-safety-plan/>

Surviving Economic Abuse have produced some useful guidance on economic abuse while self-isolating, as well as practical issues including benefits and sick pay. The guidance is updated regularly on their website as the situation changes.

<https://survivingeconomicabuse.org/resources/>

Rights of Women have produced some useful guidance about child contact arrangements in the current pandemic. Many families will have to make changes to the arrangements that were in place but how significant those changes are will depend on the circumstances of the individual family.

<https://rightsofwomen.org.uk/get-information/family-law/coronavirus-and-child-contact-arrangements/>

Children and young people can also access support through **The Hide Out**, **Young Minds** and **Child Line**.

There are also free resources available for children on

<https://www.monkeybob.org.uk/>

Domestic abuse impacts the whole family, particularly when schools are closed and children are at home. West Sussex Connect service have kindly provided this **Parent Pack**, full of useful ideas for activities to do with children, links to educational resources, and helpful advice for helping children to talk about their worries.

<https://safelives.org.uk/sites/default/files/resources/CYP%20PARENTS%20PACK.pdf>