



Llywodraeth Cymru  
Welsh Government



Llinell Gymorth Live Fear  
Byw Heb Ofn Free Helpline

**0808 80 10 800**

ffôn • tecst • sgwrsio byw • ebost  
call • text • live chat • email

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

# Home shouldn't be a place of fear

Partner pack  
Updated December 2020

Live Fear Free  
Covid-19 Campaign

# Information for partners

For some, spending more time at home as a result of Covid-19 will increase their risk of domestic abuse, sexual violence and coercive control, and even greater isolation. Spending more time at 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 still 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 Spotify, digital and social media channels. 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](#) or [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 vulnerable people, a contractor, a postal service worker or an assistant. 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. **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 social media messaging in this pack. If you share messages, please tag us and include our hashtag #LiveFearFree. If you are not doing so already, could we ask that you follow us on **Twitter** and like our **Facebook** page.

You can download campaign assets [here](#) or [here](#)



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**Help is still available 24/7**

*coercive control*

*domestic abuse*

*sexual violence*

**Chat to us confidentially**

TEXT 07860 077333

LIVE CHAT [gov.wales/livefearfree](http://gov.wales/livefearfree)

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

0808 80 10 800

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

**#LiveFearFree**

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# Campaign assets

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info@livefearfreehelpline.wales  
0808 80 10 800

violence, abuse and control  
honour-based abuse

Help is still available 24/7

Home shouldn't be a place of fear  
#LiveFearFree

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Chat to us confidentially

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LIVE CHAT gov.wales/livefearfree  
info@livefearfreehelpline.wales  
0808 80 10 800

know the signs  
talk to them  
seek specialist help

Help is still available 24/7

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#LiveFearFree

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Welsh Government

Ddylai neb deimlo'n ofnus gartre  
Home shouldn't be a place of fear

Os wyt ti neu rywun rwyt ti'n ei 'nabod yn dioddef trais neu gamdriniaeth, mae help ar gael o hyd, ddydd a nos.

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

rheolaeth drwy orfodaeth  
coercive control  
cam-drin domestig  
domestic abuse  
trais rhywiol  
sexual violence

#BywHebOfn #LiveFearFree

Sgwrsia â ni yn gyfrinachol / Chat to us confidentially

TECST/TEXT 07860 077333  
SGWRSIO BYW llyw.cymru/bywhebofn  
LIVE CHAT gov.wales/livefearfree

0808 80 10 800  
gwybodaeth@llinellgymorthbywhebofn.cymru  
info@livefearfreehelpline.wales

# Social media posts

We've put together some 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



Notice someone is withdrawn, on edge, has bruises, constantly checks their phone? These could be signs of abuse. If you are concerned about someone, visit [gov.wales/livefearfree](http://gov.wales/livefearfree) for advice on staying safe or chat to a #LiveFearFree advisor.



If you are experiencing violence or abuse at home, we understand that reaching out for help may be more difficult at this time. If you're not able to talk to us, you can reach Live Fear Free by text, email or live web chat: [gov.wales/livefearfree](http://gov.wales/livefearfree)



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](http://gov.wales/livefearfree)



Support your employees affected by domestic abuse. Complete our 45 minute online training course so that you can recognise the signs of abuse, and know how you can help in a safe, timely way: <https://learning2.wales.nhs.uk/course/view.php?id=71>



The Live Fear Free helpline is supporting people in abusive relationships 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](http://gov.wales/livefearfree)



The festive period is a particularly difficult time for victims, where alcohol, heightened family tensions and money worries can increase the risk of abuse and control. If you are concerned about someone, visit [gov.wales/livefearfree](http://gov.wales/livefearfree) for advice on staying safe or chat to a #LiveFearFree advisor.



If you need help over the festive period, you can get in touch with Live Fear Free 24/7 on any day:

 0808 80 10 800  
 Text 0786 007 7333  
 Email [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)  
 Live chat [gov.wales/livefearfree](http://gov.wales/livefearfree)



Concerned someone is 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)



If you have been a victim of sexual abuse or rape, or are concerned about someone else, Live Fear Free can also advise on 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)



Help is still available via #LiveFearFree for victims of domestic violence or abuse during the period of further restrictions:

☎ 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 domestic violence or abuse at home, you will not be in trouble if you need to leave your home to seek help at any time. Confidential support is still available via @LiveFearFree by text, email or live web chat: [gov.wales/livefearfree](https://gov.wales/livefearfree)



The Live Fear Free helpline is open 24 hours a day, every day, for support and advice. Home shouldn't be a place of fear. Support is available. You can get in touch with Live Fear Free 24/7 on any day:

☎ 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)



We know that incidents of domestic violence and abuse increase at times when families and couples spend more time together at home. If you're concerned your friend or neighbour might be isolated with an abusive partner, visit [gov.wales/livefearfree](https://gov.wales/livefearfree) for advice on staying safe or chat to a #LiveFearFree advisor.

## 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 continuing support*

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)**