



Ministry  
of Defence

# Domestic Abuse

## Useful resources



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# Useful resources

## Home Office Domestic Abuse guidance

The Home Office has [published guidance highlighting help and support available](#) to victims of domestic abuse during the coronavirus outbreak in England.

## Surviving Economic Abuse

This booklet has been prepared by the charity 'Surviving Economic Abuse', with a specific focus on [the Coronavirus Outbreak and the kind of support you might need](#) (www).

## Safelives support

This site has a range of support and information on [Safety Planning](#) (www).

Safelives have also prepared a pack for parents [coping with domestic abuse](#) (www).

## Legal Advice

### Child contact arrangements

Use this site for guidance [on child contact arrangements](#) during the Coronavirus outbreak.

### Domestic Violence injunctions

Find details for [how to apply for a domestic violence](#) (Family Law Act) injunction during the coronavirus outbreak.

## Digital and Tech safety

### Tech Abuse

If you are experiencing abuse online, Refuge [have advice and other support that can help you](#).

### DIY Online Safety Guide

Chayn Securities have [produced an online safety guide](#) (www) which is available in 9 languages and teaches people on how they can be tracked – and how to hide your

tracks on email, browsers, facebook and other platforms.

## Guidance for Practitioners

### Guidance for Health Visitors and GPs

The Institute of Health Visitors have published their guidance on [delivering health visiting contacts using virtual methods](#).

The Royal College of General Practitioners have also released a guide on [Safeguarding during the outbreak](#).

### Respect guidance for frontline practitioners

There is guidance [from Respect for frontline practitioners](#).

## Other Resources

### Podcasts: 'Undiscussable'

[Podcasts for survivors by survivors](#) led by Charlie Webster which explore domestic abuse and look at responses by the government, police, UN and ourselves.

### Online Freedom Programme

Rachel Williams, a survivor of domestic abuse is running Freedom Programme via Zoom, starting on Monday 30<sup>th</sup> March, 10am – 11 / 11.30am.

If you are aware of anyone who would like (and it's safe for them) to participate in this rolling programme, they can email [AuthenticVoicesDLB@yahoo.com](mailto:AuthenticVoicesDLB@yahoo.com) and she will send you the link for this and / or for the Professionals session she's hosting at 2pm on Monday and/ or a chat for whoever wants to talk on Friday at 10am.

# Resources for parents and carers

## General advice

### NSPCC Online Hub for parents and carers during Coronavirus outbreak

The NSPCC has created an online Hub providing advice and support for parents and carers during the coronavirus outbreak. Content includes: information on keeping children safe from abuse; tips and advice to help parents working from home; and ways to talk to a child who is anxious or worried about coronavirus.

### Childline

Childline has updated its [Coronavirus webpage](#) to include tips for children and young people on coping at home during lockdown. Advice includes:

- keeping in touch with friends online and talking to people at home;
- staying busy with things like schoolwork or hobbies;
- and speaking to a trusted adult or parent if they need support.

## Specialist support

### Support for deaf Children

[The National Deaf Children's Society \(NDCS\)](#) has published information for parents, carers and families and information for professionals to support d/Deaf children and young people during the Coronavirus outbreak.

### Support for parents and carers supporting children and young people with autism

[The Association for Child and Adolescent Mental Health \(ACAMH\)](#) has released a podcast for parents and carers about supporting children and young people with autism during the Coronavirus outbreak. The National Autistic Society (NAS) has also

published resources for people with autism of all ages.

## Online Safety

### Online Safety guide for parents

[Thinkuknow has published guidance](#) for parents and carers to support children who may be spending more time online at home while they do their school work and socialise with friends. Suggestions to help parents keep children safe online include: chatting to find out how they use online technology and what it means to them; reminding children to report anything worrying, and how they can do this; and setting up or reviewing parental controls.



# Mental wellbeing

## Self Help

### Self Help Guide

[The London Survivors Gateway / Women and Girls Network](#) have produced an excellent booklet on self-help with tips including grounding exercises, creating a comfort kit and relaxation exercises.

Whilst the resource has been created primarily to help women who have been sexually abused, the information is just as helpful for male victims as well as domestic abuse victims.

### Mental health and wellbeing

The government has published guidance for the public on the [mental health and wellbeing aspects of coronavirus](#)

## Mindfulness and meditation

### Headspace

[A mindfulness app](#) with some free content available to help cope with all that is going on. The app is a great choice if you want to learn the essentials of meditation and mindfulness, with a free 10-part “basics” course and whimsical animations to help you find your feet.

### Calm

An app for Sleep, Meditation and Relaxation. Open [the Calm app](#) and you'll immediately be greeted with the gentle sound of the outdoors. As well as guided Daily Calm sessions, which help you unwind and refocus your attention, there are also programmes for intermediate and advanced users.

### Stop, Breathe & Think

Unlike many other apps on the market, [Stop, Breathe & Think](#) asks you to “check in” before meditating. Using a choice of adjectives to describe how you're feeling, both physically and mentally, this is a great

way to get into the right mindset after a busy day in the office or on your feet.

### Omvana

This is [a meditation app](#) with a library of tracks, discover soothing meditations for every aspect of living. From stress management to healing to attracting abundance to visualizing your ideal future and more.

### YOU

[Micro actions app](#) to encourage positive behaviour change.

### 10% Happier

[The 10% Happier app](#) bills itself as “mediation for fidgety sceptics.” “Most of the meditation apps out there have a very traditional tone – very soft and gooey and loving,” co-founder Dan Harris told TechCrunch last year. “But we're much more in the no-b\*\*\*\*\* category.”

### The Mindfulness App

[This app does what it says on the tin](#). With a free download, not only do you get a five-day introduction to mindfulness, but there is also a range of guided and silent timed sessions to choose from – from a three-minute refresher, to deeper half-hour sessions.

### Buddhify

[Buddhify](#) boasts that it is the “only meditation app designed to fit into a busy modern lifestyle”. It's certainly unique in its design, with a daily wheel divided into segments, from waking up, to going to bed.

## Physical wellbeing

## Yoga

[Yoga with Adriene](#) (www) a hugely popular online yoga series (which has over 6.2 million subscribers)

## The Body Coach

[Free home workouts for everyone](#) (www) no matter what their fitness levels.

## Feel Better Live more

[Listen to stories](#) from leading health expert and exciting personalities who offer easy life hacks and tips to revolutionise how you eat, sleep, move and relax.

## Happy Place

[Fearne Cotton talks to incredible people](#) about life, love, loss and everything in between.

## Kelly Howell

[Binaural beats for meditation](#), learning, creativity, healing, sleep, goal achievement and behaviour modification.

## Podcasts

