

## Domestic Abuse and Codeword Scheme 'Ask for ANI'



If you are experiencing domestic abuse and need immediate help, ask for 'ANI' in a participating pharmacy. 'ANI' stands for Action Needed Immediately but also phonetically sounds like the name Annie. If a pharmacy has the 'Ask for ANI' logo on display, it means they're ready to help. They will offer you a private space, provide a

phone and ask if you need support from the police or other domestic abuse support services.

The 'Ask for ANI' logo is used in participating pharmacies.

### Recognise Domestic Abuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality or background. **Domestic abuse is not always physical violence. It can also include:**

- Coercive control and 'gaslighting'
- Economic abuse
- Online abuse
- Threats and intimidation
- Emotional abuse
- Sexual abuse

### What Signs To Look For:

If you believe that you or someone else could be a victim of domestic abuse, there are signs that you can look out for including:

- Being withdrawn, or being isolated from family and friends
- Having bruises, burns or bite marks
- Having finances controlled, or not being given enough to buy food or pay bills
- Not being allowed to leave the house, or stopped from going to college or work
- Having your internet or social media use monitored, or someone else reading your texts, emails or letters
- Being repeatedly belittled, put down or told you are worthless
- Being pressured into sex
- Being told that abuse is your fault, or that you're overreacting

## Domestic Abuse and Codeword Scheme 'Ask for ANI'

### **Support A Friend If They're Being Abused**

Let them know you've noticed something is wrong. If you are worried that someone you know is a victim of domestic abuse, you can call Refuge's National Domestic Abuse Helpline for free, confidential support, 24 hours a day on [0808 2000 247](tel:08082000247). Visit the [helpline website](#) to access information on how to support a friend.

If you believe there is an immediate risk of harm to someone, or it is an emergency, always call 999.

### **Report It**

If you, or someone you know, is a victim of domestic abuse find out how to [report domestic abuse](#). If you are in immediate danger, call 999 and ask for the police.

If you are in danger and unable to talk on the phone, call 999 and listen to the questions from the operator and, if you can, respond by coughing or tapping on the handset.

### **Call 999 from a mobile:**

If prompted, press 55 to make yourself heard, and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

### **Call 999 from a landline:**

If the operator can only hear background noise and cannot decide whether an emergency service is needed, you will be connected to a police call handler. If you replace the handset, the landline may remain connected for 45 seconds in case you pick up again.

When 999 calls are made from landlines, information about your location should be automatically available to the call handlers to help provide a response.

### **If you are deaf or can't verbally communicate:**

You can register with the Emergency SMS Service. Text REGISTER to 999. You will get a text which tells you what to do next. Do this when it is safe so you can text when you are in danger.

### **Sexual Assault Referral Centres:**

Sexual assault referral centres (SARCs) offer non-judgemental medical, practical and emotional support for anyone (adults and children) who has been raped or sexually assaulted, regardless of when the incident happened. They provide advice in a safe environment and have specially trained doctors, nurses and support workers to care for you.

SARCs can support you whether you choose to report the assault to the police or not and will arrange the appropriate care and support based on your decision.

### **Get help for children and young people:**

Witnessing and experiencing domestic abuse can have a serious impact on a child's long-term health. It is a top priority that vulnerable children and young people remain safe during this

## Domestic Abuse and Codeword Scheme 'Ask for ANI'

uncertain period. If you are concerned that a child is at risk of harm, you should refer this information to children's social care, or to the police if you believe the child is in immediate danger.

### **Adolescent to parent violence (APV):**

Domestic abuse also covers abuse between family members, such as adolescent to parent violence and abuse. You can contact National Domestic Abuse Helpline: 0808 2000 247.

Special guardians of children who were previously looked after by their local authority can get also get therapeutic support from the [adoption support fund](#). Special guardians who meet the eligibility criteria should contact their local authority for more information.

### **Get Help If You Think You May Be An Abuser**

If you are concerned that you or someone you know may be an abuser, there is support available. The Respect Phonenumber 0808 802 4040, is an anonymous and confidential helpline for men and women who are harming their partners and families. The helpline also takes calls from partners or ex-partners, friends and relatives who are concerned about perpetrators.

### **Get Legal Help**

#### **Apply for a disclosure of information:**

Under the Domestic Violence Disclosure Scheme (also known as 'Clare's Law'), you can ask the police to check whether a new, former or existing partner has a violent past. This is called 'right to ask'. If records show that you may be at risk of domestic abuse from a partner, the police will consider disclosing the information. A disclosure can be made if it is legal, proportionate and necessary to do so.

The 'right to ask' also allows a third party, such as a friend or family member, to apply for a disclosure on behalf of someone they know. Again, the police can release information if it is lawful, necessary and proportionate to do so.

To make an application under the Domestic Violence Disclosure Scheme, contact the police. You can do this by:

- Visiting a police station (the household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse)
- Phoning 101
- Speaking to a member of the police on the street

**If you believe there is an immediate risk of harm to someone, or it is an emergency, you should always call 999.**