How we can help

Victim Support is an independent charity that offers free and confidential support to anyone affected by crime and traumatic incidents.

We will listen with compassion and tailor our support to you.

We can work with you to understand the impact of the crime, and where you may want further support. Our help could include speaking to the police, accessing legal advice, financial support or mental health services.

We also provide opportunities for you to share your experience with others, such as the media, or to help other victims.

Telling the police

We are independent of the police and will support you whether or not you've reported the crime to them.

If you decide you want to report it, we can give you information about what to expect and support you through the process.

Diversity matters and we value it

We are committed to supporting the needs of the diverse communities we serve. We can provide interpreters and information in alternative formats. If you have additional needs please let us know so we can put the right support in place.

Supportline: 08 08 16 89 111

Your local Victim Support:

Devon & Cornwall
0300 303 0554

We are an **independent** charity offering **free**, **confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service: **victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

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Linkedin.com/company/victim-support

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VICTIM SUPPORT

YOUR SAFETY

Helping you to feel safer after a crime



victimsupport.org.uk

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Your safety

Everyone has the right to feel safe. When a crime happens, it can affect the way we see the world or other people.

Safety at home

Many people think of their home as their safe place, a space where they feel secure and comfortable. If you don't feel your home brings that peace of mind, you can speak to us about ways you could feel safer.

Some safety tips at home include:

- Ensuring all windows and doors are secure
- Keeping valuable items out of sight
- Having a safe place to store important documents and valuable items
- Not telling people you are going on holiday or if your property will be empty unless you know and trust them
- Installing security items such as alarms.

Personal safety

Carrying items such as personal alarms or bag chimes can help you to feel safer. They will also alert people around you if you need help.

Personal safety apps

You can download apps like Hollie Guard to your mobile. These apps can share your location with chosen contacts and alert them if you are in danger.

Tell someone

Consider telling someone you trust about your whereabouts, such as where you are, where you're going and when you're due to arrive. Update them once you have arrived so they know you're safe.

Who to contact

Having a list of contact numbers to use in an emergency can help you feel safer. Remember you can contact **999** if you feel at risk of harm.

Online safety

Top tips to stay safe online:

- Use strong passwords for all accounts and consider setting up two-factor authentication.
- Only accept friend/follow requests from people you know and trust.
- Don't click links in messages you receive or use unsecure websites. Look for the padlock at the front of the website address and make sure the URL starts with 'https' – this indicates the site is secure.
- Turn off location tracking and avoid sharing your location on social media so people can't track where you are.
- Don't allow anyone else to have access to your accounts or passwords.
- Report cybercrime to Action Fraud (the UK's national fraud and cybercrime reporting centre).
- Report or block anyone who shares any hateful or discriminatory messages or content online. Many social media applications allow you to report this type of behaviour directly to them.

Safety in the community

If a crime has been reported three or more times within a six month period with no resolution, you can activate a community trigger through your local council. This involves a multi-agency review to find suitable actions to stop the antisocial behaviour.

Other things you can do:

- collect evidence
- report to the police
- speak with other people in the area – if it's safe to do so.

You can also contact your local council.

If you'd like to talk through things with someone or explore the options available, contact us using the details on the back of this leaflet.

Safety at work

If you have concerns about your safety at work, you should speak to your manager or HR department. They can look into possible solutions with you.

Specialist help:

We can provide you with specific safety advice that is most relevant for your particular situation and crime type. For example, if you have been affected by Domestic Abuse, we can provide a tailored safety plan. Please contact us or visit our website for more information.

My Support Space

My Support Space is an online resource with a range of interactive guides to help you manage the impact crime has had on you.

There are guides on safety and wellbeing that you may be interested in.

To create your free account visit:
mysupportspace.org.uk/moj

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