



COVID19 – 30th March 2020

RISE-Cardiff Service Continuing to Support Communities

Although we've had to make some changes to the way we work we are still delivering a full range of support services, including accommodation, whilst working within Public Health guidance.

We know that this is a difficult and worrying time for everyone – but particularly so for adults and children living with domestic abuse.

The Rise Service phone lines **are open 24/7 (029 2046 0566)** to offer support, advice and a place of safety if needed. If talking isn't safe you can also contact the team via webchat (<https://rise-cardiff.cymru>). If you would rather contact us via email please contact: reception@rise-cardiff.cymru

The duty team is available 24/7 and can offer advice and/or a support package that is tailored for your personal circumstances.

If you are in immediate danger, always remember you can call the **Police on 999 (for silent help dial 999 and then press 55)**.

If you prefer you can contact the national Live Fear Free helpline for advice for yourself or if you are concerned about a family member or friend - Freephone: 0808 8010800, Type Talk: 1800108088010800, Email: info@livefearfreehelpline.wales, text support 24/7: 078600 77 333 and live chat 24hrs: www.livefearfree.gov.wales.

You are not alone.



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