

# There is No Excuse for Abuse...

## Where to get help during the Covid-19 Pandemic

Are you feeling stressed and worried, and concerned that you might take this out on the people you love? If the coronavirus epidemic is putting pressure on you, and you are worried about your behaviour and the impact it might have on others, get help by calling the Respect Phonenumber.

The law still applies, abuse, violence and coercive control are all crimes. You still have a choice. Choose not to abuse.

The Respect Phonenumber is available to help you manage your behaviour.

It may feel like you're out of control, but how you respond is within your control. Get confidential support to help you behave in non-abusive ways.

# 0808 802 4040

[www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

Email: [info@respectphonenumber.org.uk](mailto:info@respectphonenumber.org.uk)

Webchat: Wednesday, Thursday & Friday 10am-11am & 3pm-4pm

Opening times: **Monday-Friday 9am-5pm**

CALL YOUR  
LOCAL  
POLICE



# 101

IN AN  
EMERGENCY  
ALWAYS  
CALL 999

FOR NON-URGENT INCIDENTS, REPORT ONLINE  
[www.lincs.police.uk/onlinereporting](http://www.lincs.police.uk/onlinereporting)



  
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