Domestic abuse is any form of physical, sexual, mental or emotional abuse and takes place within the context of a relationship, either current or past.

If you, or anyone else you know, is experiencing any of the above, or being intimidated or threatened by a current or previous partner, it is Domestic Abuse.

Don’t delay in seeking help during the current coronavirus restrictions.

Call the 24-hour Domestic Abuse Helpline in confidence on 0800 027 1234 or visit [safer.scot](http://safer.scot/#_blank)

Domestic abuse is a crime. Contact the Police via 101 to report it or 999 in an emergency.

Police Scotland website – [www.scotland.police.uk](http://www.scotland.police.uk#_blank)