



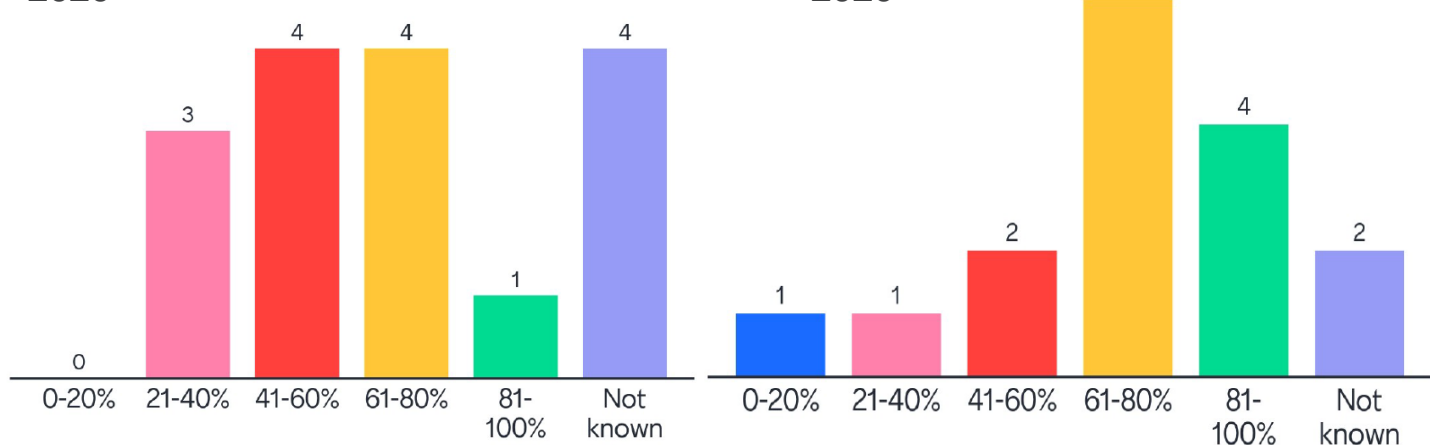
A network of services that support adult and child victims and survivors of domestic abuse in Scotland. Sharing practice, voicing questions and drawing on the expertise of colleagues in the sector, as we look to COVID-19 recovery planning

Monthly call theme:  
Mental health

## We asked attendees what percentage of their service users had mental health needs...

**Pre-March 2020**

**Post-March 2020**



Overall, most services reported an increase in the proportion of victims with mental health needs, where known.

## Attendees told us about the challenges supporting victims with mental health needs during the pandemic



### Accessing services

- Limited access to GPs, CPNs etc.
- Existing lack of mental health provision intensified – low capacity

### Reduced face-to-face contact



- Some victims say face-to-face supports their wellbeing and feeling of connectedness
- Some disengagement as a result of reduced face-to-face offer
- Technology used for remote appointments causes anxiety for some, digital exclusion is an issue for others

# Professionals told us about good practice in their areas to meet the needs of victims with mental health needs during COVID-19

## Practical support

Welfare funds

Food parcels

Safety devices - Victim Fund

Phone calls to check in

Coping techniques

Vouchers



## Going digital

Some mental health services providing support online e.g. CBT courses

Video support sessions & 'digital walks' (Whatsapp support sessions taking photos whilst on walks)

Accessing funds to address digital exclusion – tablets provided etc.



## What services told us they need to effectively support victims with mental health needs



### Secure funding

- Core funding - secure employment to meet demand on services
- Additional funding to provide more mental health support within DA services
- Digital support to increase connectedness

### Partnership working

- Clearer pathways to mental health services
- More priority given to impact of DA on mental health
- Partnerships to address priorities alongside mental health services

## Stay in touch

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[www.safelives.org.uk/Safe At Home Scotland](http://www.safelives.org.uk/Safe_At_Home_Scotland)

**Thank-you for being part of this network!**

