**Emergency alert test 7 September: Advice for survivors of domestic abuse**

[Emergency Alerts](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Falerts&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440414743%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=lOqM2EjR%2FhE0K%2BvRDiJLlH9ToViiMXCMoPUvHUvOhCY%3D&reserved=0)  is a UK government service that will warn you if there’s a danger to life nearby. In an emergency, such as severe flooding, fires or extreme weather, your mobile phone or tablet will receive an alert with advice about how to stay safe.

On Sunday 7 September at 3pm, UK Government will be testing emergency alert system (EAS) for the second-ever nationwide test.

The test causes a mobile phone or tablet to:

* make a loud siren-like sound that lasts about 10 seconds, even if it's set on silent,
* It may also cause a device to vibrate or read out the alert.
* A message will appear on your screens making it clear the alert is only a test.

Find out more about the [Emergency Alerts on GOV.UK](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Falerts%2Fhow-alerts-work&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440463918%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=8vtXAC%2BIv0GY%2FKRIvWqe%2BFube0QNleMjl30UqjVrAGs%3D&reserved=0). [Emergency Alert Test: Frequently Asked Questions - GOV.UK](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Femergency-alert-test-frequently-asked-questions&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440516836%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=RKWF2Q5BXyYjtAd9jARore%2FltoAHbS40HuakrpQwUgU%3D&reserved=0)

**Advice for survivors**

If you are affected by domestic abuse and have a concealed mobile phone from your abuser, you may not wish the sound of the alert to draw attention to your phone.

How you opt out depends on your device.

Full instructions telling you how to opt out are available at [[https://www.gov.uk/alerts/opting-out](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Falerts%2Fopting-out&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440560782%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=TnFTIEY0R5d401yF5McsHvsNM3k5%2FnJqLk9LK6oP%2Frg%3D&reserved=0)]

**Support for you**

If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.

If you do not feel safe or believe there is an immediate threat, call **999**.

**Other ways to get support:**

* Women can call [The Freephone National Domestic Abuse Helpline, run by Refuge](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nationaldahelpline.org.uk%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440606478%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=o3kaToeuFswWNrxcJ3mvVOKNNt%2F4HQJLNWFV6Fv2KRA%3D&reserved=0) on 0808 2000 247 for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
* Talk to a doctor, health visitor or midwife
* Men can call Respect Men's Advice Line on 0808 8010 327 (Monday to Friday 10am to 8pm), or visit the webchat at [Men's Advice Line](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mensadviceline.org.uk%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440650279%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=cv5GXBjt%2FJ4JPGkJs%2Brn82Nmg1FH9avINty6QhIJyzY%3D&reserved=0) (Wednesday 10am to 11:30am and 2pm to 4pm) for non-judgemental information and support.
* LGBT+: if you identify as LGBT+ you can call [Galop](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgalop.org.uk%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440683728%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=323xrx8%2BF0aL1cclebTYulfAYFISKmSc%2FeVqeY6C8EQ%3D&reserved=0) on 0800 999 5428 for emotional and practical support
* Forced marriage and honour crimes: anyone can call [Karma Nirvana](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fkarmanirvana.org.uk%2F&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440712263%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=xgwcp3MnLGVeO7h9aYu20fFTuEt%2FNnHpgP6Xi2JzFNo%3D&reserved=0) on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call 020 7008 0151 to speak to the [GOV.UK Forced Marriage Unit](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fstop-forced-marriage&data=05%7C02%7Cjuliane.matthies%40nhs.net%7C22f622fd49a44a8a811008dde95144ad%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638923257440764228%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=1QA%2B8Pj%2FurJtTWkkY9%2BfasMP95pkjhEDe%2FLsvUcsU84%3D&reserved=0)