



HM Government

If you're experiencing domestic abuse, help is available.

Are you feeling unsafe or isolated at home?

Are you frightened of your partner or a family member?

Does someone in your life control what you do or who you see?

ASK FOR ANI



AND



SAFE SPACES
UK SAYS NO MORE

What is Ask for ANI?

Ask for ANI (Action Needed Immediately) is a codeword scheme that provides a safe, discreet and confidential way for victims of domestic abuse to access help from their local pharmacy or jobcentre.

What are Safe Spaces?

Ask for ANI is delivered in partnership with Safe Spaces, a safe and confidential room where victims can take some time to reflect, access information on specialist support services, or call friends or family.

To get help, follow these three simple steps:



Step 1:

Use our postcode checker on gov.uk/ask-for-ani to find your nearest participating pharmacy or jobcentre.

Step 2:

Go to the location, approach a member of staff and ask for ANI or ask to use a Safe Space (“**Please can I speak to ANI?**” or “**Can I use a Safe Space please?**”).

Step 3:

You will be taken to a private space where a trained member of staff will provide support and you can decide what to do next.

**FOR FURTHER INFORMATION AND TO SEARCH
FOR YOUR NEAREST PROVIDER, VISIT:
[GOV.UK/ASK-FOR-ANI](https://gov.uk/ask-for-ani)**

