

## Safe Spaces (UK Say No More)

Safe Spaces (also known as Ask for ANI – Action Needed Immediately) is a scheme where you ask for help at your local pharmacy, bank or jobcentre if you are experiencing domestic abuse.

### How to access a Safe Space

- Walk into a safe space in the UK
- Ask a member of staff at the counter to use their safe space
- You will be shown to the Safe Space which will be a private room
- Once inside you can use the safe space in whichever way works for you. They provide a safe and discreet way to reach out to friends and family, contact specialist support services and start your journey to recovery.

This scheme was developed by the Home Office and is ran by [UK Say No More](https://uksaysnomore.org/).

From 4th November 2024, the Ask for ANI scheme will no longer be available and will be replaced by Safe Spaces at pharmacies, banks and selected jobcentres

Last updated: October 17, 2024

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**Website:** <https://uksaysnomore.org/safespaces/>

**Twitter:** <https://twitter.com/UKSAYSNOMORE>

**Facebook:** <https://www.facebook.com/UKSAYSNOMORE/>

**Cost:** Free

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