



## What is Domestic Abuse?

Domestic abuse can include controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of their gender or sexuality.



### What you can do

You can help us tackle domestic abuse and make your community safer by reporting domestic abuse to us or the police.

### Speak to us

Don't suffer in silence, we're here to help. We know how difficult it can be, we will be led by you and act with sensitivity. We know how sensitive the situation is. We will be led by you.

**Just give us a call on 0808 196 2229**



### Contact the police

In an emergency always contact the police. Many forms of domestic abuse are criminal offences and the police can advise you on police action and other options that can be taken to protect and support you.

### If you need to move home

Those experiencing domestic abuse are considered to have priority need for re-housing. Your local authority and our housing teams will be able to provide advice about this

### Working together we are stronger

We will work with our partners to support you. Often multiple organisations need to work together to make sure you and your family are safe. We call this a coordinated community response.

If your case is assessed to be high risk we will work with the Multi-Agency Risk Assessment Conferences (MARACs). A MARAC is a single meeting which combines up to date information with a comprehensive assessment of a victim's needs and links these directly to the provision of appropriate services for all those involved in a domestic violence case, victim, children and perpetrator.

If your case is not referred to the MARAC, we will ensure that you are signposted to relevant support and help to put safety plans in place for you.

**National Domestic Violence Helpline**

A national helpline which is available every day of the year - Freephone: 0808 2000 247

**BrightSky**

BrightSky is a mobile app and website for anyone who is experiencing domestic abuse, or who is worried about someone else.

**HollieGuard**

HollieGuard is another mobile app that can help you. If you're in danger, you can simply shake or tap and it activates HollieGuard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.

**Police**

In an emergency, please call 999 - if you press 55, this will let them know that you need help.

For non-emergency situations, you can dial 101 or report it online.

**ChildLine**

Information and advice for children and young people affected by domestic abuse

Freephone: 0800 1111.

Website: [www.childline.org.uk](http://www.childline.org.uk)

**Victim Support**

Telephone: 0808 1689 111.

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Broken Rainbow National Helpline - LGBT Provides services to lesbian, gay, bisexual and Trans (LGBT) people who are experiencing domestic abuse.

Phone: 0300 999 5428

Website [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

Respect Men's Advice Line - Male Victims Freephone: 0808 801 0327

Website: [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Forced Marriage Unit**

Information if you are worried that you might be forced into marriage or are worried about a friend or relative.

Telephone: 020 7008 0151

Website: [www.gov.uk/stop.uk/stop-forced-marriage](http://www.gov.uk/stop.uk/stop-forced-marriage)

**Respect Phonenumber**

Concerned about your own abusive behaviour?

Freephone line: 0808 802 4040

You can phone this number if you are worried about your own abusive behaviour, or you are a professional or individual looking for help for an abuser.

Website: [www.respectphonenumber.org.uk](http://www.respectphonenumber.org.uk)

**National Centre for Domestic Violence**

Provides a free, fast emergency injunction service to survivors of domestic abuse regardless of their financial circumstances.

Freephone: 0800 970 2070

Website: [www.ncdv.org.uk](http://www.ncdv.org.uk)

**Refuge**

women and children victims. The national charity for women and children experiencing domestic abuse.

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

**Women's Aid**

For female victims.

Website: <http://womensaid.org.uk>

**Rights of Women**

Legal advice for women. Website:

[www.rightsofwomen.org.uk](http://www.rightsofwomen.org.uk)

**Co-ordinated Action Against Domestic Abuse (CAADA)**

National charity supporting strong multi-agency response to domestic abuse.

Website: [www.caada.org.uk](http://www.caada.org.uk)

**AVA**

Provides a range of information for both professionals and individuals. There is information on the website for friends and family worried about someone who is experiencing domestic abuse. Website: [www.avaproject.org.uk](http://www.avaproject.org.uk)

**Galop**

Anti-LGBT hate crime charity. Website: [www.galop.org.uk](http://www.galop.org.uk)