

Domestic abuse can happen to anyone and it can take many forms. While victims may suffer in silence - feeling they have nowhere to go or no one to turn to - the truth is there are lots of sources of support available for both women and men who find themselves in this situation.

WHAT IS DOMESTIC ABUSE?

Domestic abuse is not just physical violence: a person can be abused psychologically, sexually or financially. The abuser may display the following characteristics:

- Use of physical violence
- Threaten to hurt the victim, their children, friends, family, pets, things or themselves
- Put the victim down and make them feel bad about themselves
- Behave in a jealous and possessive way
- Control all the victim's money against their wishes
- Make the victim have sex when they do not want to (rape)
- Control where they go and who they see
- Make the victim marry against their will (forced marriage)

The information contained in this document can be translated, and/or made available in alternative formats, on request, contact **08457 430 430**



DOMESTIC ABUSE

How to get help and support



Whether it's physical, sexual, emotional or financial
THERE'S NO EXCUSE FOR DOMESTIC ABUSE

CUT THE STRINGS



WHAT ARE THE EFFECTS OF DOMESTIC ABUSE?

Experiencing domestic abuse has a big impact on how a person feels about themselves and their life and can lead to depression, anxiety, loss of self-confidence or self-esteem. Anyone experiencing physical abuse may also need to get treatment for injuries.

Domestic abuse is an issue that can be difficult to talk to others about. If you are living with domestic abuse or know someone in this situation, remember:

**THE FAULT LIES WITH THE ABUSER
NO ONE HAS TO SUFFER ALONE
SUPPORT IS AVAILABLE**

SUPPORT

Even though living with domestic abuse may lead to a feeling of being trapped in the relationship or situation, it is important to remember support is available from a range of organisations:

Essex Police in an emergency, always call **999**.

National Domestic Violence Helpline

for women experiencing domestic abuse **0808 2000 247** - 24 hour.

Men's Advice Line

for men experiencing domestic abuse

0808 801 0327 - Mon-Fri, 10am-1pm and 2-5pm.

Broken Rainbow for the lesbian, gay, bisexual and transgender community

0300 999 5428 - Mon & Thurs, 2-8pm, Wed, 10am-1pm.

A range of useful information and sources of support for victims as well as advice for family and friends is available online:

www.essex.gov.uk/domesticabuse

www.essex.police.uk

www.noexcuseforabuse.co.uk

SAFETY PLANNING

If you or someone you know wants to leave a violent or abusive relationship, it helps to make some plans. Contact can be made with any of the organisations listed in this leaflet for help, information and support.

Anyone deciding to leave should try to take the following items, if it is safe to do so:

- Passport for you (and your children), birth certificates, immigration papers, driving licence, welfare benefits information, marriage certificate
- Keys: home, car and work
- Address book with useful and emergency numbers
- Money
- Prescribed medication
- Clothes for you (and your children)
- Any items of sentimental value

If a person does not feel safe to leave, or planning to leave, it does not mean they are choosing to be abused. Often, staying can feel the safest, or only, option. Advice is available from the organisations listed in this leaflet including how to keep safer whilst living with domestic abuse.

HELP FOR CHILDREN AND YOUNG PEOPLE

Children will be affected by domestic abuse; they may witness it happening or may hear it from another room and they will certainly see the impact it has. Unfortunately, in a lot of cases there is a risk they will be abused too.

Essex Social Services offer help, advice or information on **0845 603 7634** (out of hours **0845 606 1212**).

Childline offers advice on **0800 1111** (24 hour) and the NSPCC also provides help and support **0800 800 5000** (24 hour).

The Hideout is a website for children and young people living with domestic abuse www.thehideout.org.uk

HOUSING OPTIONS

Deciding to leave your home is daunting but there are several housing options available to those living with domestic abuse:

Refuges offer emergency accommodation and support.

The National Domestic Violence Helpline keeps an up-to-date list of all refuge accommodation across the country and can be contacted 24 hours a day on **0808 2000 247**. If they have space, any refuge across the UK may accept women and children fleeing domestic abuse.

A **housing advice officer** at the local district or borough council will be able to give advice about longer term housing options. Homeowners may wish to speak to a solicitor.

Where the abuser has left the home but the victim is fearful because of security and safety issues, a **Sanctuary Scheme**

operates in some areas and provides additional security measures and support to victims of domestic abuse. Enquiries should be made to the local district or borough council.

Shelter also provide a free housing advice helpline on **0808 800 4444**.

LEGAL OPTIONS

The law can provide support in a range of ways including injunctions to make sure the abuser stays away.

If there is risk of immediate danger, always call **Essex Police** on **999**. At other times speak to a Domestic Abuse Liaison Officer by calling **0300 333 4444**.

National Centre for Domestic Violence can help with getting an injunction **0844 8044 999** Text 'NCDV' to **60777**.

For legal advice and to find a local solicitor, contact the **Community Legal Service 0845 608 1122**.

Rights of Women offer a legal helpline, run by female solicitors and barristers, for women needing legal advice about domestic abuse or any other matter **020 7251 6577** (Tue, Wed, Thurs, 2-4pm and 7-9pm and Fri, 12-2pm).

