

## National Specialist Domestic Abuse Services

### Victim Support

t 0808 16 89 111

### Galop (National LGBT+ Domestic Abuse Specialist Helpline)

t 0800 999 5428

### Men's Advice Line

t 0808 801 0327

### Karma Nirvana

Support for victims of Honour Based Abuse and Forced Marriage

t 0800 5999 247

### Elder Abuse – Hourglass helpline

t 0808 808 8141

### Sign Health

Sign Health provides domestic abuse service support for deaf people in British Sign Language (BSL) WhatsApp or FaceTime:

t 07800 003421

e [da@signhealth.org.uk](mailto:da@signhealth.org.uk)

### Hestia Bright Sky

Bright Sky is a safe, easy to use app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.

w [www.hestia.org/brightsky](http://www.hestia.org/brightsky)

## Local Specialists Domestic Abuse Service

### West Mercia Women's Aid

Free, confidential and a specialist domestic abuse Helpline which is staffed 24/7. Specialist safety advice and advocacy by Independent Domestic Violence Advisors. Individual and group programmes of support for children and for young people impacted upon by domestic abuse.

24 hour Freephone Helpline 0800 783 1359

w [www.westmerciawomensaid.org.uk](http://www.westmerciawomensaid.org.uk)

### Shropshire Domestic Abuse Service

One to one emotional support, practical advice and guidance offered, face to face, telephone or via email to suit your needs. The service can also assist you if you need to flee your home by helping you access refuge or other safe accommodation.

t 0300 303 1191

e [sdas@shropsdas.org.uk](mailto:sdas@shropsdas.org.uk)

### PEGS (Child to Parent Abuse)

e [hello@pegssupport.com](mailto:hello@pegssupport.com)

### Axis Rape Counselling

t 01952 278000

e [info@axiscounselling.org.uk](mailto:info@axiscounselling.org.uk)

### Independent Sexual Violence Advisor Service Telford

t 01952 586790

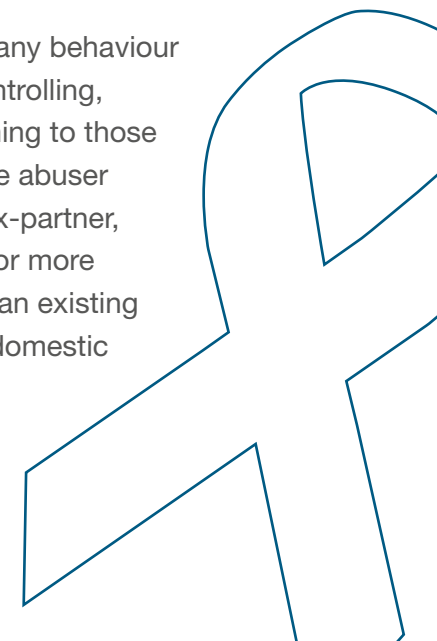
### Telford Mind

t 0300 1240365



# Are you experiencing Domestic Abuse?

Domestic Abuse is any behaviour which is violent, controlling, coercive or threatening to those aged 16 or over. The abuser may be a partner, ex-partner, family carer or one or more family members, in an existing or from a previous domestic relationship.



# What is Domestic Abuse?

There are many forms of abuse:

- Emotional abuse includes behaviours' that damage the person's confidence and sense of wellbeing, e.g. being told that they are ugly, stupid, useless or crazy, being accused of things they haven't done and being told that the abuse is their fault (also known as 'gas lighting')
- Intimidation, threats/actual revenge porn
- Isolation from family and friends
- Restriction or control over money or finances
- Control of what they can wear or who they can meet
- Forced marriage
- Neglect
- Being locked in the house or restricted to a particular room
- Threats to harm family members, friends or pets
- Physical abuse e.g. beating, throttling and strangulation.

Domestic abuse victims are often made to feel by their abuser, that they won't be believed if they seek help, or fear further abuse towards themselves, their children, relatives, or friends. Domestic abuse can affect anyone regardless of ethnicity, age, gender, sexuality or social background.

# Keeping Safe

## If you want to stay with your partner

Our priority is to ensure that you are as safe as you can be. The most important thing to remember is that you can't stop the abuse yourself, only the abuser can do that. However, there are steps you can take to increase the safety of yourself and your children whilst remaining with your partner.

## If you want to leave

You should plan ahead for your safety. It is a very stressful time both emotionally and practically, you'll have a lot to deal with.

Whether you want to stay or leave there are local services available to support you through that process, contact details are in this leaflet.



**If you or someone else is in immediate danger, call 999 and ask for the police.**

**Remember, you are not to blame for what is happening. You are not alone, and above all you do not have to suffer in silence – help is available.**



# Know their history?

Clare's Law, also known as the Domestic Violence Disclosure Scheme (DVDS), means that anyone, including a close friend or family member can ask the police about a partner of someone they care about. To apply just visit your local police station.

# Facts and Figures

- Between April 2015 to March 2020, on average 12 men per year had been killed by a partner or ex-partner. The figure for women was 74.
- One in three victims of domestic abuse are male. This equates to 757,000 men.
- Almost half of male victims (49%) fail to tell anyone that they are a victim of domestic abuse, and are two and a half times less likely to tell anyone compared to female victims.
- Domestic Abuse has more repeat victims than any other crime (on average there will have been 35 assaults before a victim calls the police)

