

Help is available

IN AN EMERGENCY DIAL 999

Shropshire Domestic Abuse 24hr helpline
(Free to call from a landline)
0800 783 1359

Telford's Women Refuge
Office Hours 9am - 5pm 01952 381921
Out of Hours (Emergency only) 01743 246058

Police Domestic Abuse Unit
03003 333 000

Broken Rainbow – Advice for gay men and women,
bi-sexual and transgender people) 0845 2604460

AWAAZ Support for Asian Women
01902 571260

Forced Marriage Unit - Support and information if
you or someone you know is being forced into
marriage 020 7008 8759

Refuge and Women's Aid 24 hr Helpline
0808 2000 247

Samaritans
01952 256161

Victim Support
01743 362812

Citizens Advice Bureau
0845 146 1554

Child line
0800 1111

IMPACT Alcohol advisory Service
01952 223165

Mental Health Helpline
0800 1951700

SSAFA – Support for Forces Families
0800 7314880

Useful websites

Please remember to remove the browsing history if
you are looking at these websites from home!
Support for women - www.womensaid.org.uk
Support for men - www.mensadvice.org.uk
Support for people in same sex relationships –
www.broken-rainbow.org.uk
Support for children - www.thehideout.org.uk

If you would like further copies of this leaflet
please contact the Domestic Abuse Co-ordinator
on 01952 381920

If you would like free help to understand this
document in your own language, please
phone us on 01952 382121. You can also
get this information in large print, in Braille
and on audio tape.

如果你想利用我們的免費中文協助來幫助你明白
這份資訊，請打電話 01952 382121 與泰爾福 &
瑞慶區政府聯絡。

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਜਾਂ ਪਰਚੇ ਨੂੰ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਸਮਝਣ ਵਾਸਤੇ,
ਟੈਲਫੋਰਡ ਐਂਡ ਰੀਕਿਨ ਕਾਊਂਸਿਲ ਦੀ ਮੁਫਤ ਸੇਵਾ ਲੈਣੀ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਉਹਨਾਂ
ਨੂੰ 01952 382121 ਉੱਤੇ ਫੋਨ ਕਰੋ।

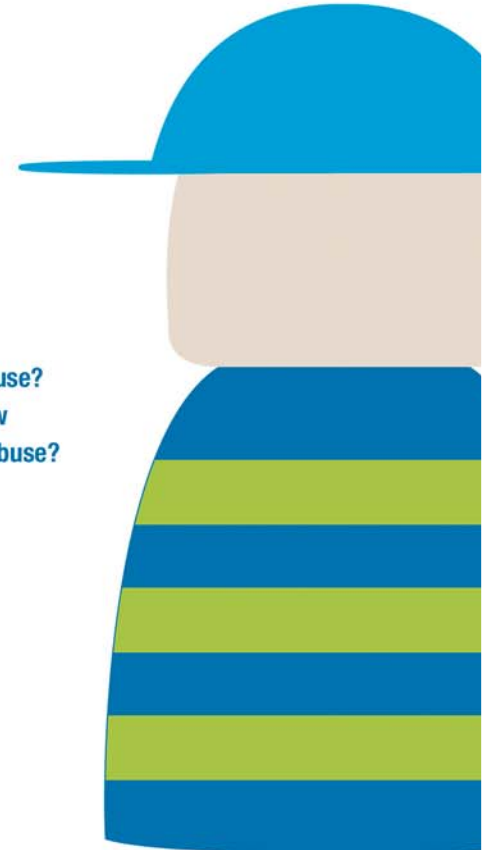
اگر آپ کو اس دستاویز میں دی گئی معلومات کو اپنی زبان میں سمجھنے کیلئے کسی بھی قسم کی مدد کی
ضرورت ہے تو براہ مہربانی ایف او آر ڈائریکٹریں کو نسل کو 01952 382121 پر فون کریں۔

Jeżeli potrzebują Państwo bezpłatnej pomocy w zrozumieniu tych informacji
w swoim języku ojczystym lub nagranych na taśmie, napisanych dużym
drukem lub w alfabecie Braille'a, prosimy o skontaktowanie się z Telford &
Wrekin Council pod numerem 01952 382121.

Domestic Abuse and how it affects children

Other leaflets available:

What is domestic abuse?
Is someone you know
suffering domestic abuse?



Any adult can be a victim of domestic abuse no matter what their age, gender, race or sexuality.

What is Domestic Abuse?

Domestic Abuse can include all or some of the following:

Physical violence - punches, kicks, bites, scratches, pushing and strangulation.

Emotional abuse - name calling, put downs, mind games, isolation from friends and family.

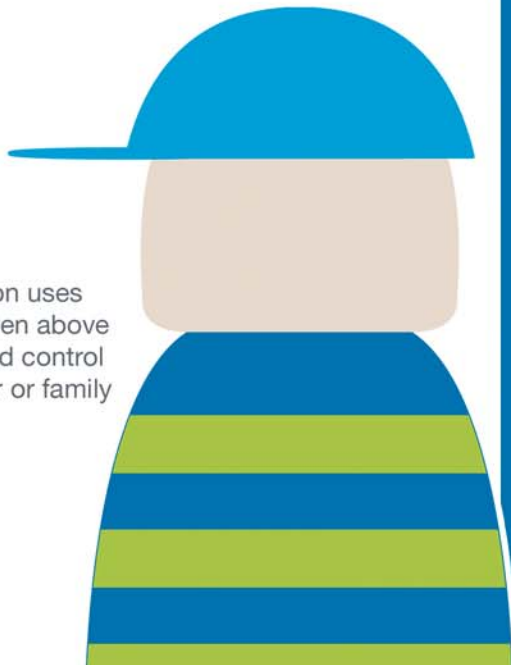
Sexual abuse - rape, forced activities with others, images and video taking

Financial abuse - withholding money, taking wages away, not allowing access to benefits.

Domestic Abuse is when these types of incidents happen between two adults who are, or have been in an intimate relationship, including couples in a same sex relationship. **It can also be between adult family members.** Family can be related directly or be in laws or step family. Family members are seen as:

- Mother
- Father
- Daughter
- Son
- Sister
- Brother
- Grandparents

An abusive person uses the examples given above to gain power and control over their partner or family member(s).



Children are victims just by living in a household where Domestic Abuse exists.

Many parents believe that the children do not know that the abuse is taking place because it does not happen in front of them. Children are very aware and even when they are sleeping they can subconsciously hear the abuse take place.

How are children affected?

They may:

- feel scared, confused, and guilty believing that arguments and abuse is taking place because of them
- be destructive towards their toys and other property
- be tearful
- display anger and become violent towards their family members and friends
- become withdrawn, lose their self confidence and their self esteem
- lose their concentration at school, have poor levels of achievement and be seen to display/express difficult behaviour
- refuse to go to school because they want to “keep an eye on” what is happening at home. This is because they feel a responsibility to protect the parent who is being abused
- isolate themselves from friends because they are trying to protect the 'secrets' at home
- be harmed whilst trying to protect another family member

and in extreme circumstances may:

- develop stress-related illnesses, such as bed wetting, skin disorders and eating problems
- turn to drugs or alcohol as a way of escaping their feelings
- self harm such as cutting, burning themselves and pulling their hair out
- run away from home
- commit or attempt to commit suicide

Domestic Abuse during Pregnancy

It is a sad fact that domestic abuse can increase or begin during pregnancy.

The abuser may prevent Mum-to-be from attending ante-natal care and medical appointments.

What are the physical affects of abuse during pregnancy?

- Miscarriage
- Still Birth
- Bleeding from the birth canal and vagina
- Waters may be broken prematurely
- Foetal bruising and fractures
- Premature labour
- Insufficient weight gain and low birth rates
- Vaginal, Cervical and Kidney Infections

Mum-to-be will be under extreme physical and emotional strain. Long term anxiety and stress suffered could lead to complications such as pre-eclampsia or hyperactivity disorders as the child grows up.

Mum-to-be may turn to alcohol or drugs as a way of coping which will have a bad effect on the unborn child.

If you are worried and wish to discuss this further and get support please speak to your Midwife and your Health Visitor

Domestic Abuse

