

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

Men's Advice Line – support for men experiencing abuse 0808 801 0327

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

AWAAZ Support for Asian Women
01902 571260

Honour Network – emotional and practical support to help survivors of forced marriage 0800 5999 247

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

Elder Abuse
080 8808 8141

Age Concern
01952 587821

Victim Support
01743 362812

Citizens Advice Bureau
0845 146 1554

Mankind
01823 334244

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 ٹیلیفون ریڈائریکٹنگ سروس 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 drukiem lub w alfabecie Braille'a, prosimy o skontaktowanie się z Telford & Wrekin Council pod numerem 01952 382121.

Is someone you know suffering Domestic Abuse

Other leaflets available:

Domestic abuse and how it affects children
What is domestic abuse?

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 taken

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).



Why don't they just leave?

There are many reasons why a person does not leave an abusive relationship. As a friend or family member it is important for us to understand this:

- They may still **love** and care about their partner. Some people want the relationship to continue but the abuse to stop
- They may feel **ashamed** about the abuse and may believe that it is their fault
- They may be too **worried** about what the future holds:
 - where they will live,
 - what they will do for money,
 - whether they will have to hide forever,
 - whether they will be found
- They may not know who to go to or who to **trust** to help them to leave
- As a result of the abuse they may not have enough **self confidence** and **self esteem** to make any decisions
- They may believe that for the sake of the **children** it is better to stay in the relationship
- They may have become **isolated** from friends and family and have no way of asking for help
- They may not have any **money**

What can you do to help?

- Listen without interrupting and try not to give an opinion
- Do not try and take control of the situation, ask what they want to do
- Understand if they decide that this is not the time for them to do anything. When they feel strong enough, they will.
- Try not to become frustrated if they leave the relationship and go back soon after. Research has shown that on average it takes a woman 7 attempts to leave an abusive relationship.

- If it is **safe** to do so give them the other leaflets in this series
- If you are worried about a child in a Telford and Wrekin household please call the Safeguarding Team and ask to speak to a Duty Officer on 01952 385700
- Call 'Crimestoppers' anonymously and share any information you know about the abuse 0800 555 111

If they are thinking of leaving – you can help!

The best way to leave an abusive relationship is to make a plan to leave. If a plan is made and carried through the chances of getting away safely is increased. You can help them with this!

What to do if your relative or friend has told you that they want to leave:

- Discuss this with them at a safe time and some where where you will not be interrupted
- Talk about when it is the safest time for them to leave. Take into consideration when their partner will be out of the house for a long period of time.
- Talk about what you will do in an emergency and how you will keep yourselves safe. In danger call 999!
- Provide a safe place to allow your relative or friend to keep an emergency bag. If possible to include these important items:
 - Identification (Passports, visas, permits)
 - Benefit books, Bank books, Money, Credit cards
 - Birth certificate for you and your children
 - National insurance number
 - Keys – house, car, work
 - Medication, toiletries, change of clothes and shoes
 - Mobile phone and charger
 - Lease or rental agreement
 - Mortgage payment receipts
 - Insurance Papers