

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.

What is Domestic Abuse

Other leaflets available:

Domestic abuse and how it affects children
Is someone you know suffering 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).



Are you being abused?

Answer the questions on the following checklist; if you tick yes to any of these questions you may be a victim of domestic abuse

Has your partner ever hurt or threatened you or your children? Yes No

Has your partner tried to keep you from seeing your friends or family? Yes No

Does your partner belittle or humiliate you, or regularly criticise or insult you in front of other people? Yes No

Has your partner prevented you from continuing or starting a college course, or from going to work? Yes No

Does your partner check up on you or follow you? Yes No

Does your partner unfairly accuse you of flirting or of having affairs with others? Yes No

Are you ever afraid of your partner? Yes No

Have you ever changed your behaviour because you are afraid of what your partner might do or say to you? Yes No

Has your partner ever destroyed any of your belongings on purpose? Yes No

Has your partner ever kept you short of money so that you cannot buy food and other necessary items for yourself and your children? Yes No

Has your partner ever forced you to do something that you really did not want to do? Yes No

Has your partner ever tried to prevent you from taking necessary medication, or seeking medical help when you felt you needed it? Yes No

Has your partner ever tried to control you by telling you that you could be deported because of your immigration status? Yes No

Has your partner ever threatened to take your children away? Yes No

Has your partner ever said they would refuse to let you take your children with you, or see them if you left? Yes No

Has your partner ever forced you to have sex with them or with other people? Yes No

Has your partner ever made you take part in sexual activities that you were uncomfortable with? Yes No

Has your partner ever tried to prevent you leaving the house? Yes No

Does your partner blame the use of alcohol or drugs for their behaviour? Yes No

Does your partner control your use of alcohol or drugs? Yes No

If you have ticked yes to any of these questions there is help available for you. You are not alone.

Domestic Abuse is a common crime with 1 in 4 women and 1 in 6 men as victims.

If you decide that you would like to leave the relationship it is important to create a safety plan.

Consider putting together an emergency bag which can be left in a safe place or with someone that you trust.

Remember to take the following items with you if you can, however none of them are essential or as important as your safety:

- 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