Domestic Abuse

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

Domestic abuse is a pattern of behaviour on the part of the abuser designed to control their partner. It can happen at any point in a relationship, including after you have split up. Anyone forced to change their behaviour because they are frightened of their partner or ex-partner's reaction is experiencing abuse.

Domestic abuse can happen to anyone, regardless of age, background, gender, religion, sexuality or ethnicity. However, statistics show most domestic abuse is carried out by men and experienced by women, but there are many cases where women are the agressor.

Domestic abuse is never the fault of the person who is experiencing it.

All children can witness and be adversely affected by domestic abuse in the context of their home life where domestic abuse occurs between family members. Exposure to domestic abuse and/or violence can have a serious, long lasting emotional and psychological impact on children.

Domestic abuse is a crime.

National Domestic Abuse Helpline

If you are suffering, or are aware of someone that is a victim of abuse, please do not suffer in silence. Contact the freephone, 24-hour National Domestic Abuse Helpline, run by Refuge. Visit the helpline to access further information, a contact form and the live chat service. **If you are in immediate danger, call 999 and ask for the police.**

0808 200 247 www.nationaldahelpline.org.uk

Men's Advice Line

0808 801 0327 www.mensadviceline.org.uk

Refuge

For women and children.
Against domestic violence.

