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## What is domestic abuse?

Domestic abuse or domestic violence take many forms and can happen in relationships, in families, shared homes or through previous partners. It affects both men and women and it happens between people of all cultures, backgrounds, religions and social groups regardless of sexual orientation. Domestic abuse is about one person exerting power over another, and it often gets worse over time. The abuse can take place in person or digitally, online or through mobile phones. It is never acceptable and you are not to blame if it is happening to you.

## Types of domestic abuse

Some examples of abuse include:

### Psychological abuse

- Jealous, possessive and controlling behaviour
- Telling you what you are and aren't allowed to do

### Emotional abuse

- Use of fear, guilt, shame and intimidation to wear you down
- Telling you that you are useless
- Telling you that wouldn't be able to cope without them



# FOR SUPPORT WHEN YOU NEED IT

### Physical abuse

- Using violence to get what they want
- Hurting you to control you

### Financial abuse

- Preventing you from earning your own money
- Controlling what you spend
- Making you ask for permission to buy something

### Sexual abuse

- Forcing you to have sex when you don't want to
- Forcing you to be intimate when you say no

### Verbal abuse

- Humiliating you in front of others
- Constantly criticising you
- Making you feel worthless

### Our specially trained professionals will

- Listen to you in a non-judgemental way, prioritising your safety and confidentiality
- Provide emotional support and help with housing, benefits and legal advice
- Ensure you get practical safety advice for you and your family
- Help you explore options and encourage you to make your own choices
- Give you time to think and offer you support regardless of the decisions you make
- Help you to support any children that may have been involved
- Provide information and take action to help you stay safe

**If you are in immediate danger always call 999.**

Contact us on: 0300 323 0085

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