

## National Specialist Domestic Abuse Services

### Victim Support

t **0808 16 89 111**

### Galop (National LGBT+ Domestic Abuse Specialist Helpline)

t **0800 999 5428**

### Men's Advice Line

t **0808 801 0327**

### Karma Nirvana

Support for victims of Honour Based Abuse and  
Forced Marriage

t **0800 5999 247**

### Hourglass – Elder Abuse Helpline

t **0808 808 8141**

### Sign Health

Sign Health provides domestic abuse service  
support for deaf people in British Sign Language  
(BSL) WhatsApp or FaceTime:

t **07800 003421 (text only)**

e **da@signhealth.org.uk**

### Hestia Bright Sky

Bright Sky is a safe, easy to use app and  
website that provides practical support and  
information on how to respond to domestic  
abuse. It is for anyone experiencing domestic  
abuse, or who is worried about someone else.

w **www.hestia.org/brightsky**

## Local Specialists Domestic Abuse Services

### West Mercia Women's Aid

Domestic abuse services in Telford and Wrekin  
are delivered in partnership by West Mercia  
Women's Aid and Cranstoun. Free, confidential,  
specialist help and advice offered to support  
adults, children and young people, working with  
victims/survivors and people who use harmful  
behaviours through a range of programmes.

**24 hour Freephone Helpline 0800 840 3747**

w **www.westmerciawomensaid.org.uk**

### Shropshire Domestic Abuse Service

One-to-one emotional support, practical advice  
and guidance offered, face to face, telephone or  
via email to suit your needs. We can also assist  
you if you need to flee your home by helping you  
access refuge or other safe accommodation.

t **0300 303 1191**

e **sdas@shropsdas.org.uk**

### PEGS (Child to Parent Abuse)

e **hello@pegssupport.com**

### Axis Counselling – sexual trauma

An independent specialist charity providing  
therapeutic and practical support for survivors  
and their families who have experienced any  
type of sexual trauma.

t **01952 278000**

e **counselling@axiscounselling.org.uk**

w **www.axiscounselling.org.uk/counselling**

### Independent Sexual Violence Advisor Service Telford

t **01952 586790**

### Telford Mind

t **0300 1240365**



# Are you experiencing Domestic Abuse?

Domestic Abuse is any behaviour  
which is violent, controlling,  
coercive or threatening to those  
aged 16 or over. The abuser  
may be a partner, ex-partner,  
family carer or one or more  
family members, in an existing  
or from a previous domestic  
relationship.



# What is Domestic Abuse?

There are many forms of abuse:

- Emotional abuse includes behaviours' that damage the person's confidence and sense of wellbeing, e.g. being told that they are ugly, stupid, useless or crazy, being accused of things they haven't done and being told that the abuse is their fault (also known as 'gas lighting')
- Intimidation, threats/actual revenge porn
- Isolation from family and friends
- Restriction or control over money or finances
- Control of what they can wear or who they can meet
- Forced marriage
- Neglect
- Being locked in the house or restricted to a particular room
- Threats to harm family members, friends or pets
- Physical abuse e.g. beating, throttling and strangulation.

Domestic abuse victims are often made to feel by their abuser, that they won't be believed if they seek help, or fear further abuse towards themselves, their children, relatives, or friends. Domestic abuse can affect anyone regardless of ethnicity, age, gender, sexuality or social background.

# Keeping Safe

## If you want to stay with your partner

Our priority is to ensure that you are as safe as you can be. The most important thing to remember is that you can't stop the abuse yourself, only the abuser can do that. However, there are steps you can take to increase the safety of yourself and your children whilst remaining with your partner.

## If you want to leave

You should plan ahead for your safety. It is a very stressful time both emotionally and practically, you'll have a lot to deal with.

Whether you want to stay or leave there are local services available to support you through that process, contact details are in this leaflet.



**If you or someone else is in immediate danger, call 999 and ask for the police.**

**Remember, you are not to blame for what is happening. You are not alone, and above all you do not have to suffer in silence – help is available.**



# Know their history?

Clare's Law, also known as the Domestic Violence Disclosure Scheme (DVDS), means that anyone, including a close friend or family member can ask the police about a partner of someone they care about. To apply just visit your local police station.

# Facts and Figures

- 2.1 million people aged 16 and over in England and Wales experience some form of domestic abuse. 1.4 million female (5.7% of women) victims and 751,000 male victims (3.2% of men)
- Each year more than 75,000 people in the UK are at high and imminent risk of being murdered or seriously injured as a result of domestic abuse.
- Eight women a month are killed by a current or former partner in England and Wales
- Over 105,000 children live in homes where there is high-risk domestic abuse. 78% of children living with domestic abuse are directly harmed by the perpetrator of the abuse, in addition to the harm caused by witnessing the abuse of others.
- 2.5 years is the average time victims at high risk of serious harm or murder live with domestic abuse before getting help.