Tell someone you trust

Carer

Family

Friend

Neighbour

Teacher

Police

Doctor

Nurse

If you need help contact

In an emergency call 999

Women's Advice Line
0808 2000 247

Men's Advice Line
0808 801 0327

Assistive technology available

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Domestic Violence and Abuse

Domestic abuse is when your partner or family member hurts you or makes you feel scared.

Family

Friend / Boyfriend / Girlfriend

Husband / Wife / Partner

Domestic abuse includes:

Hitting/ harming you

Sexual abuse

Swearing/ Shouting

Not allowing you out

Controlling your money

Calling you names

Controlling your medication

Telling you what to wear