

Domestic Violence

One in four women and one in six men in the UK will be a victim of domestic violence during their lifetime, according to research estimates. Domestic violence is described as “any incident of threatening behavior, violence or abuse between adults who are or have been in a relationship together, or between family members, regardless of gender or sexuality.” (1.)

Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused or denied. This is especially true when the abuse is psychological, rather than physical. If you or someone you know, needs help, reach out. There is support available.

- ⇒ For help and support, call 0808 2000 247, for the free 24-hour National Domestic Violence Helpline.

- ⇒ The Survivor’s Handbook from the charity Woman’s Aid is free and provides information on a wide range of issues such as housing, money, helping your children and your legal rights. The handbook is available to download in 11 languages. www.womensaid.org.uk (2.) 0808 2000 247

- ⇒ The Hampshire Domestic Abuse Forum brings together a range of agencies in Hampshire who work with and provide services and support to women, men and families experiencing domestic violence and abuse. <http://hampshiredomesticabuse.org.uk> The website enables you to search for your local service as well as providing a range of information, support and further contact details. (3.)

- ⇒ Southern Domestic Abuse Service (SDAS) provides services to people who have experienced or who are experiencing emotional, physical or sexual abuse in their relationships. SDAS runs refuges offering support and temporary accommodation to women and children who are escaping domestic violence and information and advice to those who have escaped but still need support. www.southerndas.org (4.)

Top Tips

- Don’t wait for an emergency situation to seek help.

- Talk to your doctor, health visitor or midwife.

- Any woman who is the victim of abuse can enter a refuge with her children.

- If you are in immediate danger, don’t worry about what to take with you; just leave.

- Cover Your Tracks - help on how to clear your internet history after finding support online. www.womensaid.org.uk/

- It is still abuse if the incidents of physical abuse seem minor when compared to those you have read about, seen on television or heard other women talk about. There isn’t a ‘better’ or ‘worse’ form of physical abuse.

- Rather than acting out in a mindless rage, many physically violent abusers carefully aim their kicks and punches where the bruises and marks won’t show.

1. . Getting help for domestic violence. NHS Choices. 2012. <http://www.nhs.uk/livewell/abuse/Pages/domestic-violence-help.aspx> 2. The survivor’s handbook. Woman’s aid. 2014. <http://www.womensaid.org.uk/domestic-violence-survivors-handbook> 3. Hampshire Domestic abuse Forum. 2014. <http://hampshiredomesticabuse.org.uk/> 4. You’re in safe hands. Southern Domestic Abuse Service. 2014 <http://www.southerndas.org/>

Helpful Contacts: Health and Wellbeing

Domestic violence

Hampshire Constabulary

Call 999 if it's an emergency or you're in immediate danger.
24 hours non-emergency 101.

National Samaritans

If something's troubling you, then get in touch. Available 24 hours a day, 365 days a year. Telephone 116 123.

National Domestic Violence Helpline

0808 2000 247.

www.nationaldomesticviolence.org.uk.

National Centre for Domestic Violence

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. 0800 970 2070 www.ncdv.org.uk.

Male Victim Advice Line

Advice and support for men experiencing domestic violence and abuse. Free from landlines and most mobile phones 0808 801 0327 or visit www.mensadvice.org.uk/mens_advice.php.html.

RESPECT

For men worried about their behaviour towards their partners. 0808 802 4040

Men's Advice Line

Advice and support for men experiencing domestic violence and support. Free from landlines and most mobile phones. 0808 801 0327 or visit www.mensadvice.org.uk.

Broken Rainbow (for lesbian, gay, bisexual and transgender people)

National LGBT Domestic Violence Helpline provides confidential support to all members of the LGBT community, their family, friends, and agencies supporting them. The helpline is run by trained LGBT people and provides a space where you can talk through what is going on, and explore your options. 0300 999 5428.

Further support including online chat is available at www.brokenrainbow.org.uk.

Mankind Initiative

Support for male victims of domestic abuse and domestic violence. National helpline: 01823 334244 or visit www.mankind.org.uk.

Safer New Forest

Tackling domestic abuse is a priority of Safer New Forest and all reports are taken seriously. For a variety of advice and information and to see how the New Forest is tackling domestic violence, visit

www.communitysafety.newforest.gov.uk.