

# DOMESTIC ABUSE

**IS...** Any incident of **threatening behaviour, violence** or **abuse** (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.

## Sound familiar?

Does your partner / ex-partner / family member:

**Get jealous and possessive?**

**Control where you go or what you do?**

**Hit you?**

**Threatens to hurt you, your children, your friends, family or pets or even themselves?**

**Keep all the money?**

**Keep you from seeing your friends or family?**

**Make you do things you feel ashamed of?**

**Constantly criticise you and blame you for everything?**

Recognising that you are experiencing domestic abuse is the first step to seeking help and making yourself and your family safe.

**Remember for all police emergencies call 999**

## Remember

You are not alone

You are not to blame

There is life after an abusive relationship

It is your right to be free from violence

## Need someone to talk to?

National Domestic Violence Helpline

**0808 2000 247** (24 hr freephone, support, help)

Police Community Safety Unit

**020 8246 0226**

ADVANCE

**020 8960 7016** (Crisis intervention and support)

Victim Support

**020 7244 4551** (Support and information for women and male victims)

Broken Rainbow

**0300 999 5428** (Domestic violence line for LGBT victims)