DOMESTIC ABUSE

Domestic Abuse is when you are hurt or threatened to be hurt by someone you know. This could be:

- Someone in your family

- A partner, girlfriend or boyfriend
The hurt or abuse maybe in one or more different ways. This may include:

**Physical**
- Hitting
- Kicking
- Pinching

**Mental or psychological**
- Bullying
- Making you feel small
- Saying they will hurt you
- Calling you bad names
- Following you places
- Stopping you seeing friends or family
- Stopping you seeing the doctors
**Sexual**
- Touching when you say ‘no’
- Making you be intimate

**Financial**
- Taking your money
- Not allowing you money

**Neglect**
- Not allowing you food or water
- Stopping you from having heating or medication
What should I do if I think abuse is happening to me?

- If you feel very scared, go to a place where you feel safe.
- Call for help from the police, trusted friend or neighbour, doctor or teacher.
- Speak to a helpline.
- Make a note about the incidents or events.
Here are some contacts that you may find useful:

**Police**
Dial 101
or emergency 999

**National Domestic Violence Helpline**
0808 200 0247
www.nationaldomesticviolencehelpline.org.uk

**Women’s Aid**
helpline@womensaid.org.uk
www.womensaid.org.uk

**Crimestoppers**
0800 555 111

**Victim Support**
See all of our Easy Read Factsheets

Go to www.victimsupport.org.uk/help-and-support/information-leaflets

- Here to help
- Your Appointment
- Domestic Abuse
- Hate Crime
- Anti-Social behaviour
- Online safety
- Home security

As an independent charity, we work for a world where people affected by crime and traumatic incident get the help they need and the respect they deserve.

Registered charity number 298028   Registered address: Victim Support, Ground Floor, Building 3, Eastern Business Park, Wern Fawr Lane, Old St. Mellons, Cardiff CF3 5EA.
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