

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

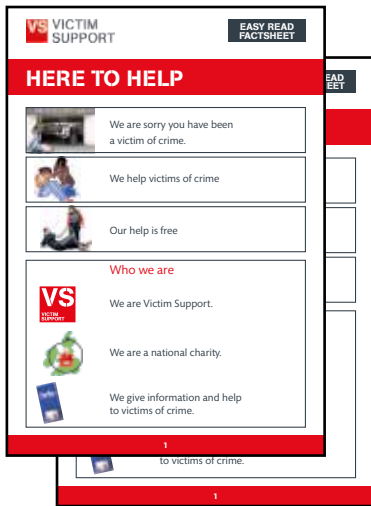
0800 555 111



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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