



SupportTeam  
@Veor

# Help for Problems With Domestic Abuse

Domestic violence can happen against anyone, and anybody can be an abuser. There are different kinds of abuse, including sexual abuse, but it's always about having power and control over you. If you answer yes to any of the following questions, you might be in an abusive relationship or experiencing domestic abuse.

- Does your partner or someone you live with ever:
  - blame you for the abuse or arguments?
  - deny that abuse is happening, or downplay it?
  - isolate you from your family and friends?
  - stop you going to college or work?
  - make unreasonable demands for your attention?
  - accuse you of flirting or having affairs?
  - tell you what to wear, who to see, where to go, and what to think?
  - control your money, or not give you enough to buy food or other essential things?
  - monitor your social media profiles, or use GPS locators to know where you are?
- Does your partner or someone you live with ever:
  - belittle you, or put you down.
  - threaten to hurt or kill you?
  - destroy things that belong to you?
  - stand over you, invade your personal space?
  - threaten to kill themselves or the children?
  - read your emails, texts or letters?
  - harass or follow you?
  - slap, hit or punch you?
  - push or shove you?
  - bite or kick you?
  - burn you?
  - choke you or hold you down?
  - throw things?



# Help and Support Groups

- The first step in escaping an abusive situation is realising that you're not alone and it's not your fault.
  - Before you go, try to get advice from an organisation such as:
    - [Women's Aid](#) or [Refuge](#) for women
    - [Respect Men's Advice Line](#) for men
    - [Galop](#) for LGBT+
  - If you're considering leaving, be careful who you tell. It's important the person abusing you does not know where you're going.
  - [Women's Aid has useful information about making a safety plan](#) that applies to both women and men, including advice if you decide to leave.
  - Anyone who has been sexually assaulted can get confidential help, treatment and support at a sexual assault referral centre.
  - [Read more about getting help after rape and sexual assault.](#)
  - [Find your nearest sexual assault referral centre.](#)
- Women can call [The Freephone National Domestic Abuse Helpline](#), run by [Refuge](#) on [0808 2000 247](#) for free at any time, day or night. The staff will offer confidential, non-judgemental information and support
  - Talk to a doctor, health visitor or midwife.
  - Men can also call [ManKind](#) on [0182 3334 244](#) (Monday to Friday, 10am to 4pm).
  - If you identify as LGBT+ you can call [Galop](#) on [0800 999 5428](#) for emotional and practical support.
  - Anyone can call [Karma Nirvana](#) on [0800 5999 247](#) (Monday to Friday 9am to 5pm) for forced marriage and honour crimes. You can also call [020 7008 0151](#) to speak to the [GOV.UK Forced Marriage Unit](#)
  - In an emergency, call 999



SupportTeam  
@Veor

Source: [NHS Domestic Violence](#)