

Domestic Abuse



By Christopher Langman

Domestic Abuse is when you are hurt or threatened to be hurt by any one of these:



Someone in your family



A partner

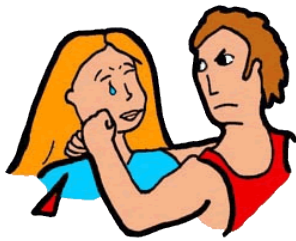


A carer



Someone who lives in your home

The hurt or abuse maybe in one or more different ways. This may include:



Physical

- Hitting
- Kicking
- Pinching

Mental or psychological



- Bullying
- Make you feel small
- Saying they will hurt you
- Calling you bad names
- Follow you places
- Stop you seeing friends or family
- Stop you seeing the doctors



Sexual

- Touching when you say 'no'
- Making you be intimate



Financial

- Take your money
- Don't allow you money



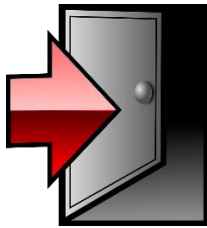
Neglect

- 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?



- Ask them to stop



- If you feel very scared, go to a safe place

HELP

- Call for help (police, trusted friend, neighbour)



- Speak to a helpline



- Make a note about the incidents or events

Here are some contacts that you may find useful:



Police

0808 200 0247

www.nationaldomesticviolencehelpline.org.uk

National Domestic
Violence Helpline



0800 408 1552

Refuge
Domestic Violence
Service Warwickshire

women's aid
until women & children are safe

helpline@womensaid.org.uk
www.womensaid.org.uk

Women's Aid



www.talk2someone.org.uk/

Warwickshire Against
Domestic Abuse



Crimestoppers



Warwickshire: 01926 682 693

Victim Support