

What is Domestic Abuse?

We define domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer. It is very common. In the vast majority of cases it is experienced by women and is perpetrated by men.

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/>

What to expect when you contact a charity supporting victims of domestic abuse?

- Domestic abuse workers are independent of any other agency (police, social services etc.) and will endeavour to provide you with the information you need to make your own informed decisions.
- You do not need to leave the person who is abusing you to be eligible for support.

The domestic abuse worker may offer you:

- Risk assessment.
- Thorough safety planning based on the risk assessment.
- Advocacy, support and advice.
- Referrals/signposting to refuge/agencies supporting survivors in rebuilding their lives/dealing with impact of domestic abuse/supporting with children.

Other support that you may be able to access through your domestic abuse charity:

- Refuge accommodation
- Support with criminal or civil proceedings
- Counselling
- Support Groups
- Housing and Finance information
- Solicitors Appointments
- Parenting help