



## Safeguarding Tip of The Week



### Domestic Abuse

#### What is Domestic Abuse?

- Domestic abuse, includes physical, emotional and sexual abuse in couple relationships or between family members.
- Domestic violence can happen against anyone, and anybody can be an abuser.

#### 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.nhs.uk/live-well/getting-help-for-domestic-violence/>, <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/recognising-domestic-abuse/>

#### Getting help and support for domestic abuse

You do not have to wait for an emergency situation to find help. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.

- 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, midwife or school.
- Men can call Men's Advice Line on 0808 8010 327 (Monday to Friday 10am to 8pm), or visit the webchat at Men's Advice Line (Wednesday 10am to 11.30am and 2.30pm to 4pm) for non-judgemental information and support
- 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
- Black country women's aid - 0121 553 0090. If you need advice or are seeking a refuge place outside of office hours, please call our 24-hour advice line on 0121 552 6448- <https://blackcountrywomensaid.co.uk/>
- Ask Marc - Independent Domestic Violence Advice Services for Men 0121 289 6402 - <https://askmarc.org.uk/contact-us/>

#### In an emergency, call 999

#### Helping children around domestic abuse

- Barnardo's offer young people's support groups and counselling.
- Childline provides confidential support for children on 0800 1111 (24hrs) or chat online to a counsellor.
- NSPCC work to prevent abuse and rebuild children's lives. They can be contacted on 0800 800 5000 (24hrs).
- The Mix are a support service that can connect children/young people to support services around any problems they may be having including domestic abuse. They can be contacted on 0808 808 4994 or via their live chat service (3pm-midnight every day).

