

# Domestic Abuse



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## What is domestic abuse?

Domestic abuse can affect both men and women, regardless of their sexuality. It can take place in the home or elsewhere, and can be inflicted by a current or previous partner, an adult family member or younger person. It can be written or verbal, face to face or online.

### Domestic abuse can be:

- ▶ physical
- ▶ sexual
- ▶ psychological
- ▶ financial
- ▶ emotional

## Practical advice

If you think that you are experiencing domestic abuse, there are three steps the Government advises you to take:

- ▶ **1 Report the abuse**
- ▶ **2 Take action to escape the abuse**
- ▶ **3 Keep safe from the abuse**

**If you are experiencing domestic abuse, please report it to the police. In an emergency call 999 and in a non-emergency call 101.**

## Specialist support

There is a range of support available for those suffering domestic abuse. The following organisations specialise in this area and provide a confidential helpline service:

- ▶ **Domestic Violence Helpline**  
24 hr service for women suffering from domestic violence. Run in partnership by Women's Aid and Refuge. Phone **0808 2000 247** or go to [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)
- ▶ **Rape Crisis**  
For people suffering from sexual violence. For details of your local Rape Crisis Centre go to [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- ▶ **Men's Advice Line**  
For men suffering from domestic violence. Phone **0808 801 0327** or go to [www.mensadvice.org.uk](http://www.mensadvice.org.uk)
- ▶ **Respect Phone Line**  
For domestic violence perpetrators. Phone **0808 802 4040** or go to [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**Please let us know if you have reported domestic abuse to the police by calling us on 0300 373 3000.**

## Don't suffer in silence.

We can provide this document in other formats including Braille, large print or audio CD. Sometimes, we can also help with translations into other languages. Please contact our Customer Service team at [customerservice@networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk) if you require this service.

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#### Contact us



by phone on **0300 373 3000**



online at **[www.networkhomes.org.uk](http://www.networkhomes.org.uk)**



email **[customerservice@networkhomes.org.uk](mailto:customerservice@networkhomes.org.uk)**



in person at our offices:

**Olympic Office Centre, 8 Fulton Road,  
Wembley, HA9 0NU**

**or 36 Ware Road, Hertford, SG13 7HH**



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