



You can also phone this number at any time if you are a woman.

**0808 200 0247**



You can also phone this number Monday to Friday 09.00-17.00, if you are a man.

**0808 801 0327**



You can also phone this number if you would like to speak to someone from the LGBTQ+ community.

**0800 999 5428**

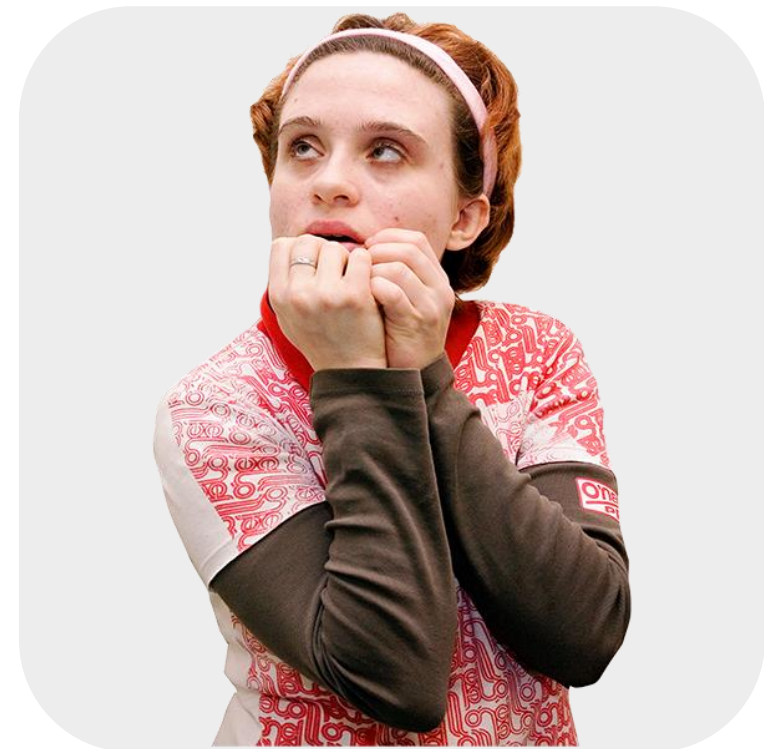
## What happens next:



People will help you to be safe.  
People will help you think about what you want to do next.

# Domestic abuse

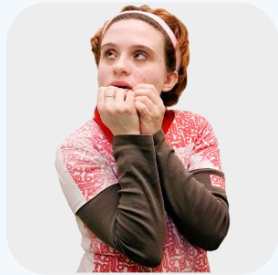
Are you frightened of someone close to you?



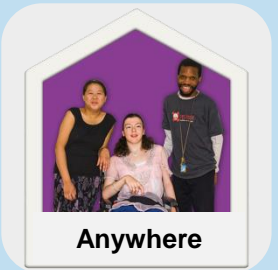
An easy read guide



Domestic abuse is when your partner, ex-partner, family member or carer is abusing or controlling you.



Domestic abuse can make you feel frightened of people who are close to you.



It can happen anywhere.  
At home, at work, in hospital, online.

Domestic abuse and controlling behaviour has many forms.



Some types of domestic abuse:

- physical abuse
- emotional or psychological abuse
- sexual abuse
- financial abuse
- neglect



**What to do:**



Speak to a member of staff, such as a doctor or a nurse. You can trust them.



They will listen to you.  
They will believe you.



They will help you, if you want them to.

You will be protected.





Financial abuse can be making you ask every time you need money or making you explain why you need it.

It is not ok.



Financial abuse can be someone taking your money or benefits from you.

It is not ok.



Neglect can be when your needs are not met. You may be left hungry and thirsty.

It is not ok.



Neglect can be when no one helps you go to the toilet. Or no one helps you keep yourself and your clothes clean.

It is not ok.

Physical abuse can be when someone hits or kicks you.

It is not ok.



Physical abuse can be when someone throws something at you or burns you or spits at you.

It is not ok.



Physical abuse can be when someone is violent and hurts you.

It is not ok.



You may have a sore body part, bruise, blood, headache or scars.

It is not ok.





Controlling behaviour can be when someone stops doing things. Like seeing who you want to or saying what you want to.

It is not ok.



Emotional and psychological abuse can be when someone calls you names, puts you down or laughs at you.

It is not ok.



Emotional and psychological abuse can be when people ignore you.

It is not ok.



Emotional and psychological abuse can make you feel sad and alone.

It is not ok.

Sexual abuse can be someone touching your private parts when you do not want them to.

It is not ok.



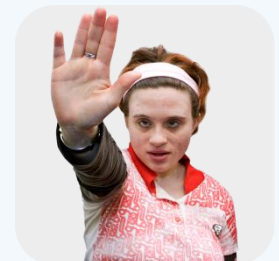
Sexual abuse can be someone telling you to do sexual acts that you do not want to do.

It is not ok.



Sexual abuse can be not respecting your right to say no. Or making you feel that you cannot say 'no'.

It is not ok.



Domestic abuse can also be someone damaging your property on purpose.

It is not ok.

