

Planning to leave

Deciding to leave an abusive relationship takes a lot of courage and can be physically dangerous and emotionally difficult.

Think ahead – you may have to leave quickly, so make a plan and get support to help you leave in safety. You can talk to one of the help services listed in this leaflet about your safety plan.

Here are some important things to think about:

- Save some **money** – keep it separate and make sure you have a bank/cash card
- Find out the nearest place that you could go to for **safety** such as a friend, family member or an organisation – see contact details on the next page
- Have your own emergency **mobile phone** and also keep a list of emergency numbers with you – friends, family, services
- Keep together all important things you may need to take with you: **documents** for yourself and children such as passport, driving licence, birth certificate, benefit book, bank details, medical cards and **medicines**. Spare house and car **keys**
- If you have **children** try to take them with you or get them to a place of safety

Once you are safe try **not to reveal your whereabouts**, particularly online such as Facebook and Twitter

You're not alone – there are organisations that can help

National Specialist Support

Galop, the LGBT+ anti-violence charity

www.galop.org.uk

Support and advice for people who have experienced hate crime, domestic abuse or sexual violence Specialist advocacy and support

Helpline: 0800 999 5428

E-Mail: help@galop.org.uk

National Domestic Violence Helpline

www.nationaldomesticviolencehelpline.org.uk

Confidential 24 hour helpline for anyone

Helpline: 0808 2000 247

Other National Support

Child Line

www.childline.org.uk

Confidential helpline for children & young people including LGBT support

Freephone 0800 11 11

Press for Change

www.pfc.org.uk

Confidential advice and support for Trans people, their partners, families and carers.

E-Mail: office@pfc.org.uk

Helpline 08448 708 165

(Thursdays guaranteed answer)

Men's Advice Line

Help & support for male victims of domestic abuse
0808 801 0327

www.mensadviceline.org.uk

Refs for Pets

This charity can find a temporary home for your pets while you are living in temporary accommodation.

Tel. 07971 337 264

Local Support & Referral

If you feel you are in immediate danger don't hesitate, call the Police on 999
Police non-urgent number: 101

Women's Aid Integrated Services

Provides full range of support around domestic abuse Tel: 0115 822 1777

Helpline 0808 800 0340 www.wais.org.uk

The Health Shop

Provides support to LGBT people experiencing domestic violence/sexual assault and will advocate and support access to domestic and sexual violence services within Nottingham: 0115 9475414 12 Broad Street, Hockley, Nottingham, NG1 3AL

Nottingham Women's Centre

Provides a range of services and support to women only Tel: 0115 941 1475

www.nottinghamwomenscentre.com

Equation

Provides Information for survivors of domestic violence about where to go for help.

Direct practical and emotional support to men experiencing domestic abuse

Tel: 0115 9623 237 info@equation.org.uk

www.equation.org.uk

Notts LGBT+ Network

Provides information on all issues relating To LGBT people. Can signpost people to relevant services for those experiencing same-sex domestic abuse.

0115 9348485 7pm-9pm

Monday to Friday www.nottslgbt.com

What is Domestic Abuse?

Domestic abuse is when someone you know tries to control your life – a partner, ex-partner or “family” member.

It is about power and control. Domestic abuse causes fear, physical injuries, emotional and psychological harm.

All forms of abusive behaviour can cause emotional harm

Domestic abuse isn't just physical

If you feel scared or fearful of anything that happens in your relationship, or sense that things are not ok for you, this might indicate that your relationship is abusive.

Domestic abuse can be:

Emotional Abuse – such as name calling, humiliation, threats to kill or commit violence against you, children, “family” members, animals or friends, and threats to commit suicide and hold you accountable for this. Threats to or actually ‘out you’ in terms of being LGBT, or may use your health status such as mental ill health or HIV.

Social Abuse – being deliberately isolated by an abuser who may control who you can and can't see, monitor your movements and contact with “family” and friends by accessing texts, emails, social media accounts or listening to phone calls. They may try to cause fights with your “family”/friends or prevent them from visiting. You may be restricted from engaging with or taking part in LGBT or other community events.

- **Financial Abuse** – an abuser may take control of all the income and withdraw or threaten to withdraw financial support. You may be forced to put debt in your name, be made to explain all spending, have money stolen from you, or be denied access to your own money. Being forced to commit fraud is also a type of financial abuse.
- **Sexual Abuse** – this includes rape, sexual assault, being forced to do anything you are uncomfortable with including your partner refusing to practice safe sex, ignoring agreed boundaries around sexual behaviour or being forced to watch sexual degradation of others.
- **Physical Abuse** – this covers a range of behaviours that causes you, or threatens you with harm and includes punching, slapping, hair-pulling, strangling, kicking, being locked in confined spaces, using or threatening to use weapons like knives, guns or other objects. It may be that another adult or child is harmed instead of you with the aim of causing you emotional distress.
- **Stalking** – this type of abuse may begin once a relationship is over but can occur whilst still in a relationship. It includes intimidation or harassment via constant phone calls, texts or e-mails, being given unwanted gifts/letters, having your home or car broken into, following, loitering outside home, work or social settings.

All forms of domestic abuse are wrong and the abuse and its consequences are the responsibility of the person committing the abuse. It is not your fault. Domestic abuse is a crime

Same Sex Domestic Abuse

Advice, information & support



There's No PRIDE in Domestic Abuse

1 in 4 Lesbian, Gay, Bisexual & Trans (LGBT) people in same sex relationships may experience some form of domestic abuse

Most same sex relationships are based on love and respect but **some** are based on abuse, power and control.

