



DOMESTIC ABUSE

For some people, home is not a safe place to be. This poster provides details of the help and support that is available to you as members of the military communities in overseas commands.

Domestic abuse takes many forms and can present itself as behaviours such as those listed below.

- Psychological
- Physical
- Sexual
- Controlling behaviour such as isolating partners from friends and family, or depriving someone of the means to be independent
- Financial
- Emotional

- Coercive behaviour, an act or a pattern of acts such as assault, threats, humiliation and intimidation
- ‘Honour’ based violence, female genital mutilation (FGM) and forced marriage

Abusive behaviour can occur in any relationship and can continue even after the relationship has ended. Both men and women can be abused or abusers.

Domestic abuse can seriously harm children and young people. Witnessing domestic abuse is child abuse, and teenagers can suffer domestic abuse in their relationships.

USEFUL CONTACTS

If you would like to talk, below are agencies that are available to offer support and advice.

BFSWS Central Referral Team
+44 (0) 808 168 3111

Women’s Aid
+44(0)808 2000 247
www.womensaid.org.uk
www.womensaid.org.uk/the-survivors-handbook

Male Victims
+44(0)808 801 0327
www.respect.uk.net

Children
www.thehideout.org.uk

Male/Female Perpetrators
+44 (0) 808 802 4040
phoneline@respect.uk.net

Freephone National Domestic Abuse Helpline
+44 (0) 808 168 3111
www.nationaldahelpline.org.uk

Men’s Advice Line
+44 (0) 808 801 0327
www.mensadvice.org.uk

Galop (for lesbian, gay, bisexual and transgender people)
+44 (0) 800 999 5428
www.galop.org.uk

Rape Crisis (England and Wales)
+44 (0) 808 802 9999
www.rapecrisis.org.uk

NSPCC
www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/