



## WHAT IS DOMESTIC ABUSE? AM I IN AN ABUSIVE RELATIONSHIP?

Domestic abuse is abusive behaviour from a spouse, partner or family member.

Abuse is used to make the other person fear the abuser and do what they want. It usually begins with small things but gets much worse...

Safer Places is an independent charity which provides a comprehensive range of services to men, women and children affected by domestic and sexual abuse who live in Essex, Southend unitary area, north and east Hertfordshire.

The people who use our services are at the heart of our organisation and we aim to work closely with them to enable them to overcome the impact of their experience and to build a brighter and safe future.

Domestic abuse and social isolation rob people of their confidence, self-esteem and their hope for the future. We work with the survivors of domestic abuse, to help them recover, to empower them, to rebuild their lives and to go on and achieve for themselves things they might once have thought of as impossible.



[www.saferplaces.co.uk](http://www.saferplaces.co.uk)  
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**SaferPlaces**  
Domestic Abuse Support Services

Safer Places, PO Box 2489, Harlow Essex CM18 6NS  
Charity Number: 1018832  
Company registration number 02789572



ADVICE AND HELP FOR MEMBERS OF THE BLACK  
MINORITY ETHNIC & REFUGEE COMMUNITY



DO YOU FEEL TRAPPED OR FRIGHTENED? - We can help



Abuse is not normal or acceptable. A caring relationship should make you feel loved, respected, safe and free to be yourself. An abusive relationship can make you feel scared, controlled and intimidated. If you think you are suffering from domestic abuse then you probably are.

There are different forms of abuse:

- Physical
- Psychological/emotional
- Financial
- Sexual
- Coercive Control

**Domestic abuse does not only happen between male and female partners, it can happen to anyone in an intimate or family type relationship.**

### How can we help?

Safer Places offers a range of different services to support you and guide you through an abusive relationship:

- Emotional support, counselling and specialist programmes
- Drop-ins and one to one support
- Practical support, advice and signposting
- Safety planning
- Support within the community
- Safe accommodation if you need to leave your home
- Free legal advice
- Opportunities for training, employment support and volunteering

Domestic abuse is any kind of threatening behaviour, violence, or abuse between people who are or have been intimate partners or between family members. This includes forced marriage, abuse relating to gender identity or sexuality and so-called honour based violence.

- Are you afraid of anyone at home?
- Does anyone try to control your finances or take money from you?
- Does your partner/family member use your immigration status to try to control you?
- Are you being mistreated?
- Do you feel safe within your relationship?
- Do you feel safe in your home?
- Are you concerned about a partner or family member, does their behaviour ever frighten you?
- Have you ever sustained an injury as a result of a family argument?
- Does your partner/family member use religion as an excuse to abuse you?
- Does your partner/family member accuse you of being too westernised?
- Does your partner or a family member try to isolate you from friends or activities?
- Do they try to stop you from attending language courses or seeking employment?

Safer Places is committed to assisting black and ethnic minority and dual heritage women, men and children and refugees experiencing violence.

If you have recently arrived in this country, or if your first language is not English we have staff who speak a range of languages or we can provide an interpreter to help you access our support. If your immigration status is insecure, or is dependent on your remaining with your husband or partner, you may feel trapped and believe there is nothing you can do, or you may be afraid to approach anyone for help in case you are deported. Whatever your immigration status, you have a right to protection and help. You also have the right to apply for a court order (injunction) to protect you from your abuser.

If you or someone you know is in an abusive relationship please contact our 24-hour line for support and advice

03301 025811

or email us on

info@saferplaces.co.uk



### USEFUL NUMBERS

- National Helpline for Domestic Violence 0808 2000 247 (over 18)
- Integrated Support Services 01279 639442
- Respect 0207 549 0578
- Samaritans 0845 790 9090
- Age UK 0800 169 2081
- Childline (under 18) 0800 1111
- Broken Rainbow (LGBT) 0300 999 5428



### USEFUL WEBSITES

- [www.iss.org.uk](http://www.iss.org.uk)
- [www.respect.uk.net](http://www.respect.uk.net)
- [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)
- [www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)
- [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- [www.ageuk.org.uk](http://www.ageuk.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk)

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