



## 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



DO YOU FEEL TRAPPED OR FRIGHTENED? - We can help



ADVICE AND HELP FOR EVERYONE



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

**We recognise that men can be victims of domestic abuse – both in heterosexual and gay relationships and from other family members.**

**Safer Places provides practical and emotional support and safe accommodation for men who are experiencing domestic abuse.**

### 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
- Support for family members
- Opportunities for training, employment support and volunteering

Answer the following questions honestly to work out if your partner treats you with the respect you deserve.

What the abuser does	Examples
Destructive criticism and verbal abuse	Shouting, mocking, name calling, accusing, making threats.
Pressure tactics	Sulking, saying they will take the car, disconnect the phone, withhold money, kill themselves, take the children away, make a report to social services criticising the way the children are being brought up, telling lies about you to friends and family, saying you have no choice in decisions.
Disrespect	Persistently putting you down in front of other people, not responding to you when you talk, interrupting you when you are on the phone, taking your things including money from your purse/wallet.
Breaking trust	Lying to you or keeping information from you, breaking promises, being jealous and thinking you are having other relationships.
Isolation	Blocking your phone calls, keeping you away from your friends and family, telling you where you can and can not go.
Harassment	Following you, checking up to see who you have been on the phone to, embarrassing you in public, opening your mail.

Safer Places offers services to all victims of domestic violence regardless of gender, age, sexual orientation or religion. Our aim is to ensure the safety, improve the quality of life and reduce repeat victimisation of adults and children fleeing from or living with domestic abuse by providing a comprehensive range of services. Safer Places is committed to diversity and equality regardless of race, religion, age or sexuality or ability/disability and will ensure a consistent service is delivered to all victims and their children.

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](mailto:info@saferplaces.co.uk)



### USEFUL NUMBERS

- National Helpline for Domestic Violence 0808 2000 247 (over 18)
- 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.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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