



## 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.

Working in partnership with



[www.saferplaces.co.uk](http://www.saferplaces.co.uk)  
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Charity Number: 1018832  
Company registration number 02789572



DO YOU FEEL TRAPPED OR FRIGHTENED? - We can help



ADVICE AND HELP FOR MEMBERS OF  
THE LGBT COMMUNITY



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.

Does your partner, ex-partner, or a family member:

- Call you names or put you down?
- Damage your property?
- Hit, shove, grab, kick, throw things or use other forms of physical violence on you?
- Threaten to 'out' you?
- Use your gender or sexuality as a basis for threats or harm?
- Threaten to harm you or others that you love?
- Control your access to money?
- Make unwanted advances or force you into unwanted sexual contact?
- Isolate you or control your contact with friends, family, work or the LGBT 'scene'?
- Threaten to harm themselves if you leave or seek help?
- Withhold medicine or block treatment?

If so, you might be experiencing domestic abuse.

Our lesbian, gay, bisexual, and trans (LGBT) domestic abuse service provides confidential support to all members of the LGBT communities, their family, friends and agencies supporting them. The service is run by LGBT trained staff and provides a space where you can talk through what is going on and explore your options.

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

- Galop 0800 999 5428
- Outhouse East 01206 871 394
- National Helpline for Domestic Violence 0808 2000 247 (over 18's)
- Samaritans 0845 790 9090
- Respect 0207 5490578
- National Stalking Helpline 0808 802 0300



### USEFUL WEBSITES

- [www.galop.org.uk](http://www.galop.org.uk)
- [www.outhouseeast.org.uk](http://www.outhouseeast.org.uk)
- [www.respect.uk.net](http://www.respect.uk.net)
- [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

[www.saferplaces.co.uk](http://www.saferplaces.co.uk)