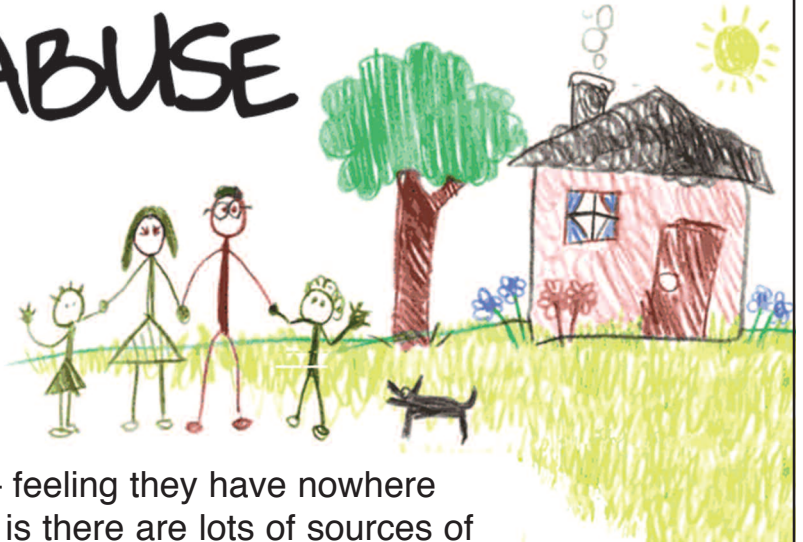


DOMESTIC ABUSE

Is Home Where the HURT is?



Domestic abuse can happen to anyone and it can take many forms.

While victims may suffer in silence – feeling they have nowhere to go or no one to turn to – the truth is there are lots of sources of support available for both women and men who find themselves in this situation.

WHAT IS DOMESTIC ABUSE?

Domestic abuse is not just physical violence: a person can be abused psychologically, sexually or financially. The abuser may display the following characteristics:

- Use of physical violence.
- Threaten to hurt the victim, their children, friends, family, pets, things or themselves.
- Put the victim down and make them feel bad about themselves.
- Behave in a jealous and possessive way.
- Control all the victim's money against their wishes.
- Make the victim have sex when they do not want to (rape).
- Control where they go and who they see.
- Make the victim marry against their will (forced marriage).

Your Options

Even though you may feel trapped it is important to remember that there are options open to you and you can get support from any of the agencies below.

Police – in an emergency, always call **999**

National Domestic Violence Helpline,
For women experiencing domestic abuse
0808 2000 247 – 24hr

Men's Advice Line, for men experiencing domestic abuse:

0808 801 0327 – Mon - Fri, 10am – 1pm and 2-5pm

Broken Rainbow, for the lesbian, gay, bisexual and transgender community:

0300 999 5428 – Mon & Thurs 2 – 8pm, wed 10am – 1pm.

Your Options: Local Services

As well as the national help lines you may contact one of the local services listed below:

Safer Places -

Email: saferplaces.co.uk
Helpline: 03301 025811

Citizen Advice Bureau:

03444 770 808

Wherever you see the **J9** Logo it means help and advice is available



Housing Options at Epping Forest District Council

01992 564165

