

## Where to get help

Everyone deserves to be, and feel, safe in their relationship. If you don't feel safe, or if you know someone who needs help, you can call the following organisations for help:

**Wearside Women in Need** (24/7 local helpline): **0800 066 5555**

**Victims First Northumbria: 0800 011 3116**

[www.victimsfirstnorthumbria.org.uk](http://www.victimsfirstnorthumbria.org.uk)

**Women's Aid:** (freephone 24 hour national domestic violence helpline) **0808 2000 247** [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Police: In an emergency always call the Police on 999** for immediate help. At other times ring 101 and ask for the crime desk. The police can take action against an abuser and give advice on home security and other matters.

**ChildLine: 0800 11 11** [www.childline.org.uk](http://www.childline.org.uk)

**NSPCC: 0808 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Broken Rainbow (LGBT): 0300 999 5428** [www.brokenrainbow.org.uk](http://www.brokenrainbow.org.uk)

**Forced Marriage Helpline: 0800 5999 247** [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

**The Hideout** (for abuse in teenage relationships): [www.thehideout.org.uk](http://www.thehideout.org.uk)

**Ebeat** (for teachers, parents and young people): [www.ebeat.org.uk](http://www.ebeat.org.uk)

**MALE** (male victims): **0808 801 0327** [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**RESPECT** (for perpetrators): **0808 802 4040** [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**Rape Crisis: 0808 802 9999** [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

**Sunderland Counselling Services** (for male and female victims of sexual abuse, rape or sexual violence, either in childhood or as an adult):

**0191 514 7007** [www.sunderlandcounselling.org.uk](http://www.sunderlandcounselling.org.uk)

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# Domestic Abuse

All together  
Sunderland!



Advice and support  
in Sunderland

We can help you, don't suffer in silence

## Domestic abuse can happen to anyone

**You are not alone**  
**You are not blame**  
**Abuse in a relationship is never OK**

This card tells you who can offer you help, advice and support whatever your situation - whether you are a victim, a worried friend or family member, or an abuser.

### Types of abuse

Abusive behaviour is not just physical. It can be emotional, sexual, financial or psychological. Have you experienced any of the following from a partner, ex-partner or family member?

- Verbal abuse
- Being stopped from seeing family or friends
- Being controlled
- Not being allowed to have money or other essentials
- Being blamed for their violence
- Actual physical violence or sexual assault
- Threatened physical violence or being made to feel afraid
- Threats to hurt your children or family

If you recognise even one of these warning signs, you may be a victim of domestic abuse.

### Domestic abuse is a crime

Coercive and controlling behaviour plays a part in a lot of abuse.

Being assaulted by someone you know or live with is just as much a crime under criminal law as violence from a stranger.

You can get protection in both civil and criminal law.

Help and support is available. Many agencies can give basic advice and/or refer you to a solicitor.

### Everyone deserves a healthy relationship

In a healthy relationship you should feel respected, happy, cared for, supported, trusted, listened to, loved and safe.