

# Domestic abuse can happen to anyone...

**Leicestershire domestic abuse HELPLINE**  
**0300 303 1844**

Domestic abuse is not acceptable in any relationship and all our local services provide confidential support and advice for both practical and emotional issues.

[www.wa-leicester.org.uk](http://www.wa-leicester.org.uk)  
[www.leics.gov.uk/domestic\\_abuse\\_info](http://www.leics.gov.uk/domestic_abuse_info)

# Anyone can be affected by domestic abuse

One in six men are likely to be victims of domestic abuse in their lifetime.

Males being abused by their partner, may feel that they will not be believed, have concerns about their children's welfare or be worried about losing their home. It may be hard to accept that you are being abused or controlled by your partner.

There are specialist services available specifically for male victims.

Lesbian, gay, bisexual or transgender people in an abusive relationship, may face additional challenges, or feel less able to seek support.

Some people worry that they will not be believed, or risk being 'outed'. They may fear financial issues or have concerns about their children.

Please call the helpline for support and access to services.

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Children are at risk through witnessing or suffering domestic abuse themselves. They may be scared, withdrawn, or risk injury through trying to protect a victim from harm.

Children are at risk of long term emotional damage and the effects may impact on their health, wellbeing, behaviour and education.

Recognising the impact of domestic abuse on children is crucial.

Our local services are committed to supporting victims and their children who are suffering, or have witnessed abuse.

For children who have witnessed domestic abuse, and need support, please call the helpline.

## What is forced marriage and honour based crime?

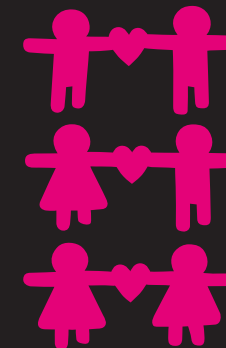
A forced marriage, as opposed to an arranged marriage, is where either the bride or groom, or both, do not consent to a wedding and are coerced into accepting it.

In many cases they are told they will bring their family shame or dishonour if they refuse.

Honour crime involves violence or abuse committed by those who aim to protect the reputation of their family or community.

If you, or someone you know is subject to honour based crime, or suspects they are at risk of forced marriage, you can contact the [Leicestershire domestic abuse helpline](http://www.wa-leicester.org.uk) for advice and referral to an appropriate service or contact the Forced Marriage Unit.

## Are you experiencing domestic abuse?



- advice for men and women affected by domestic abuse
- help for friends and family of someone affected by domestic abuse
- guidance for professionals

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## What is domestic abuse?

Domestic abuse can be physical, psychological, emotional, sexual or financial (eg controlling money).  
**There is no excuse for it.**

- Domestic abuse can be someone you know trying to control your life - a partner, an ex partner, a friend or family member. Abuse can affect long term wellbeing and self esteem and also that of children living with domestic abuse.
- Anyone can experience domestic abuse regardless of gender, race, ethnic or religious group, class, disability or sexuality.
- Domestic abuse includes honour based violence, female genital mutilation and forced marriage. Victims are not always confined to one gender or ethnic group.

## What services might be offered?

- Independent domestic violence advisors are specially trained workers who focus on safety. They support legal proceedings and can help with access to any other support required.
- Outreach services support victims who require practical and emotional support in the longer term. These services can help with financial or housing matters, accessing work and education, and they can listen and offer support emotionally. They may also offer 'recovery programmes' which help people to understand what they have been through and help build confidence and independence.

The **helpline** can direct you to these, or other services.



## Making the decision to seek help

The helpline is staffed by specially trained workers who understand the difficult step in seeking help. We will not do anything without agreement (unless there are overriding safeguarding issues).

When we receive a call from a victim of domestic abuse, we will listen and help them decide the next steps.

You may be asked to answer some questions which will assist to determine what help is needed, particularly in relation to safety.

We will put you in touch with a specialist worker who will offer help with issues such as housing, finances, access to work or education.

If there are Court proceedings taking place additional support may be offered through this process.

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*If you know someone who is suffering abuse, and want to know what you can do to support them, please contact the helpline for advice.*

*If you are a professional, working with victims and survivors of domestic abuse, the helpline can provide information and guidance to professionals.*

*If you recognise that you are abusing someone you need to stop. For help and advice about how to change your behaviour please contact the helpline who will advise you on the services and support available.*

## Useful contact details

**Leicestershire domestic abuse helpline 0300 303 1844**

**Leicester City domestic abuse helpline 0300 123 0918**

**Living without abuse** (for Rutland Residents) **0300 365 0112**

**Respect freephone 0808 802 4040** for domestic violence perpetrators and professionals who would like further information about services for those using violence/abuse in their intimate partner relationships.

**Broken Rainbow 0300 999 5428** National LGBT Domestic Violence Helpline providing confidential support to all members of the LGBT communities, their family and friends, and agencies supporting them.

**Forced marriage unit (+44)207 008 0151** for confidential advice or **email [fmufco.gov.uk](mailto:fmufco.gov.uk)**

**In an emergency, always call 999**