

Basingstoke DOMESTIC ABUSE information

How to get help for you and your children

SAFETY PLAN

- 1 Arrange where you might go if you have to leave urgently.
- 2 Find places where you can quickly and safely use the phone.
- 3 Try to carry this leaflet with you so you have numbers on hand.
- 4 Try to save money so that you have bus or taxi fares in an emergency.
- 5 Get an extra set of keys for the house / car.
- 6 Keep the keys, money and anything else you may need in a safe place, should you have to leave quickly.
- 7 Talk to your children. Let them know it's not their fault. Children do not have to see violence to be affected by it. They hear it, sense it and can be sad and frightened by it.
- 8 Talk to friends, relatives, your doctor, nurse or others about how you feel.
- 9 In an emergency call 999

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YOU CAN GET HELP

If you, your family or someone you know is experiencing (or has experienced) physical, emotional or sexual violence or abuse from a partner, ex-partner or family member

The numbers given are for the organisations or groups that may be able to offer you advice, practical help or just be there when you need to talk.

IN AN EMERGENCY - DIAL 999

Advice on Housing and Refuge

Basingstoke and Deane Housing Department	01256 844844
Stop Domestic Abuse	0330 0165112

Advice on Children and Family Issues

Adults' Health and Care	0300 555 1386
Children's Services	0300 555 1384
Childline	0800 1111

Advice and Support

Stop Domestic Abuse	0330 0165112
Basingstoke Rape Office & Sexual Abuse Crisis Crisis Centre line	01256 423810 01256 423890
Inclusion Basingstoke Substance Misuse Service	0300 124 0103
Relate	01256 338624
Samaritans	01256 462333
Victim Support	02380 240616
Witness Service	0300 3321000
Domestic Abuse Prevention Partnership (for those who want to change their behaviour)	02380 009898

Police and Legal Advice

Police non emergency	101
Citizens Advice	0344 4111306
Rights of Women	0207 2516577

For a list of local solicitors who specialise in Family Law www.solicitors.lawsociety.org.uk

National Domestic Abuse Helplines

24 hr National Domestic Abuse Helpline	0808 2000 247
Male Advice Line	0808 801 0327
National LGBT Domestic Abuse Helpline	0800 999 5428
National Stalking Helpline	0808 802 0300
Respect Phone line (perpetrators)	0808 802 4040

DOMESTIC ABUSE CAN AFFECT ANYONE BUT SUPPORT IS AVAILABLE.

It includes

Physical Abuse

Punching, Slapping, Pulling Hair, Biting, Burning, Hitting, Choking, Kicking.

Financial Abuse

**Being kept without money. Having Wages, benefits or pensions taken from you.
Having to account for all your spending.**

Emotional / Psychological Abuse

**Being verbally abused or humiliated. Being constantly blamed.
Being put down in front of other people. Being kept away from family and friends.**

Sexual Violence

**Rape, Sexual Assault, Being forced to watch or act out pornography.
Being talked to in sexually degrading ways. Indecent phone calls.**

Threatening Behaviour

Verbal threats, Physical threats, Being watched. Being followed. Being pestered

Should you decide to leave home consider taking...

Birth and marriage certificates, school and medical records, driving licence, car documents, money, credit cards, cheque books, passports, work permits, visa, medications, several days clothing, personal possessions which have sentimental value, children's favourite toys.