

Domestic abuse

Local help and support services

What is domestic abuse?

Domestic abuse can happen between partners, ex-partners or even a family member and aims to maintain power and control over you.

Domestic abuse can include Physical, Psychological/Emotional, Sexual, Financial, Stalking or Harassment.

Domestic abuse can take place anywhere, not just at home. Anyone can experience domestic abuse regardless of gender, race, religion, ethnic background or disability.

Research has shown that domestic abuse increases over time and the violence gradually gets worse. Whatever the extent of the abuse, domestic abuse can leave victims frightened, isolated, humiliated or ashamed.

It is important not to forget that children living in domestic abuse situations are at risk. They are also victims; children see and hear the abuse which emotionally impacts upon them and they can become at risk from the abuse themselves.

Domestic abuse can take place in any relationship; heterosexual, lesbian, gay, bisexual and transgender.

How do I know I'm in a domestic abuse relationship?

Does your partner:

- Get jealous or are they possessive?
- Cut you off from family or friends?
- Threaten to kill or harm the pets?
- Monitor your moves?
- Humiliate or insult you in front of others?
- Verbally or physically abuse you?
- Force you to have sex when you don't want to?

If you said yes to some of these questions you could be in an abusive relationship

Reasons for staying in an abusive relationship:

- Fear
- They promise to change
- Money issues
- Children
- Pets
- Threat to kill
- No one will believe me

What help is there for me?

Q: What should I do if I am or someone I know is in

an abusive relationship?

A: Tell ULHT staff who can support you. If a crime has been committed or someone is in immediate danger you should call the police on 999 or 101. You could also contact local support services listed below to seek help, support and advice.

- Boston & South Holland Domestic Abuse services - 01205 318600
- East Lindsey Domestic Abuse Services (ELDAS)
Contact no: 01507 609830
- West Lincolnshire Domestic Abuse Services (WLDAS)
Contact no: 01427 616219
- Lincolnshire County Council Adult Social care - 01522 782155
- Lincolnshire County Council Children's Social Care - 01522 782111
- National Domestic Abuse Helpline 08082000247 - this is a free number to call
- National Stalking helpline 08088020300 this is a free number to call
- Spring Lodge Sexual Assault Referral Centre (SARC).
Spring Lodge is the specialist sexual assault referral centre for Lincolnshire dedicated to providing a comprehensive service to men and women who

have been raped or sexually assaulted. Telephone
01522 524402 or out of hours 01371812686

- Lincolnshire Rape Crisis - 08003345500
- Men's advice line - 08088010327
- North East Lincolnshire Women's Aid 01472 575757
- Lincolnshire police – 999 or 101 - please visit the Lincolnshire Police web page as they have a lot of useful links available
- GALOP - Advice line for LGBT + DA sufferers. Contact no: 03009995428 or 08009995428
- Lincolnshire Domestic Abuse web page has a lot of links and information

www.domesticabuselincolnshire.com

All of the above services can also be found online and they have a divert button on the page (or a panic button) to hide the page quickly

What about my pets? What will happen to them?

The RSPCA is providing a place of safety for pets belonging to families who are going into a refuge, until such time as the owner has a new, safe place to live when they can be reunited. It is becoming more apparent that family pets are being used as a tool to

manipulate and control victims of domestic abuse.

You can contact the RSPCA to help support you and your pet or ask for advice on:

03001238278 or 07715540182

Also the RSPCA website is a useful tool and has stories from people who have used the service and how it helped them.

If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk