

What if you want to or have to leave?

Pack a bag and leave it with a trusted friend or family member, containing:

- Bank books/cards
- Benefit books
- Birth certificates (yours and the children's)
- Clothes
- Driving licence/car documents
- Emergency cash
- Medicines
- Passport and driving licence
- Personal phone/address book
- Spare keys to the house and car
- Toys for your children

Do you know someone who is suffering domestic abuse and want to help?

Here are some basic steps you can take:

- Most importantly, ensure they are safe
- Be understanding and supportive
- Be non-judgemental as criticism can put a person off talking to you
- Let them make their own decisions and support them in what they decide to do
- If they have been injured, go with them to the hospital or GP
- Help them find a safe place if they want to leave the relationship
- Offer to let them use your contact details and address for receiving information
- Do not put yourself in a dangerous position
- Assist them in making contact with agencies who can help by using the information in this leaflet

Useful contact information

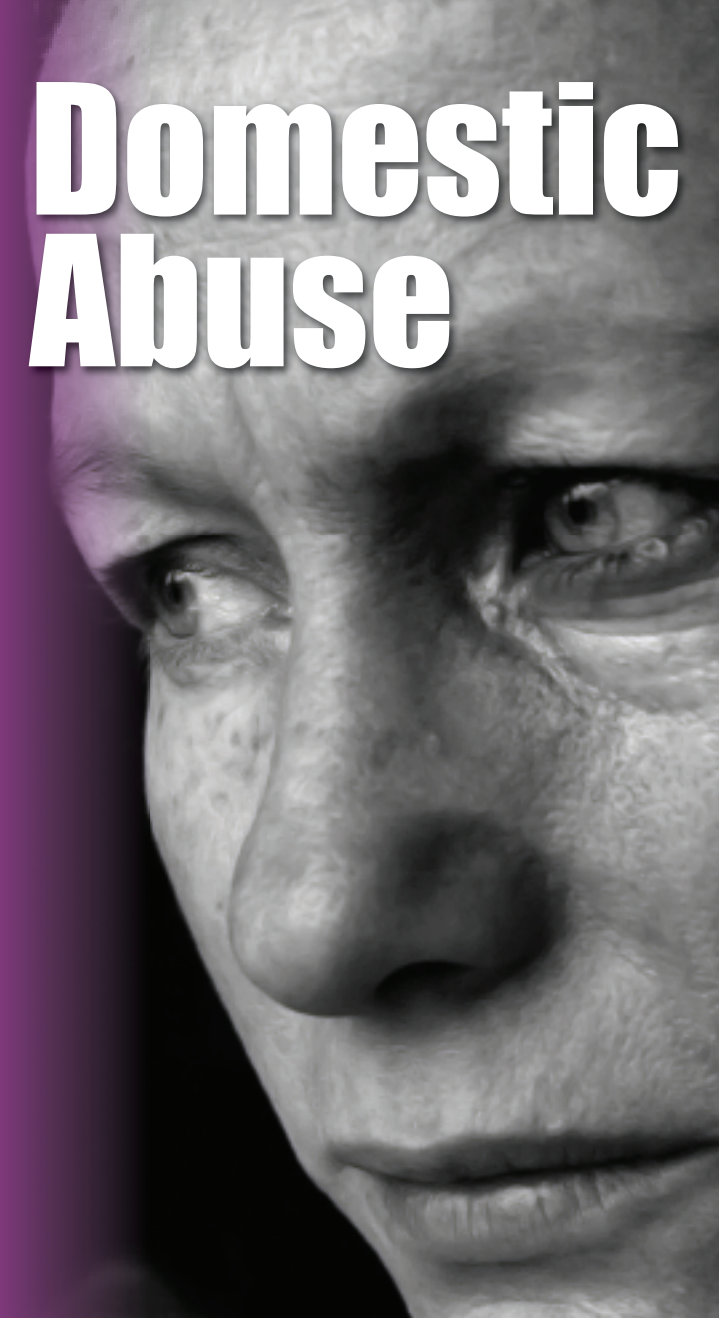
In an emergency always dial 999

Police Domestic Abuse Investigation Unit	101
Plymouth Domestic Abuse Service	01752 252033
Plymouth REFUGE	01752 562286
Victim Support:	
Devon Office	0845 676 10 20
National Support Line	0845 30 30 900
MALE	0808 801 0327
AHIMSA	01752 213535
Childline	0800 1111
24hrs National Domestic Violence helpline	0808 2000 247
NHS Direct	0845 4647
Samaritans	08457 909090
National Child Protection Helpline	0808 800 5000
Parentline	0808 800 2222
Shelterline	0808 800 4444
Plymouth City Council housing advice	01752 305950

For more information about domestic abuse and other services which are available visit the Plymouth City Council website using the following link:

www.plymouth.gov.uk/domesticabuse

Domestic Abuse



What is domestic abuse?

It is the misuse of power and control by one person over another. It is often referred to as **domestic violence**.

The abuse can take many different forms: **Physical, emotional, psychological, sexual and financial**.

Who can experience domestic abuse?

Anyone can experience domestic abuse. It has a devastating effect on you and your family regardless of age, sex, culture, gender, disability or health.

Research has shown that:

- 1 in 4 women will be affected by domestic abuse in their lifetime.
- 1 in 6 men will be affected;
- People will suffer abuse up to 35 times before seeking help.
- Nationally 2 women are killed each week due to domestic violence.

What about children?

Domestic violence can have a severe effect upon children as they are very much silent victims.

This can show through their **behaviour, physical health, mental health, difficulty at school, low self-esteem and withdrawal**.

In **90 per cent** of incidents children are present or in the next room.

Are you suffering domestic abuse?

Don't know what to do or who you can turn to?

You can get help in Plymouth from many organisations including...

Plymouth Domestic Abuse Service (PDAS)

Offers a comprehensive, free, confidential package of support to those who are experiencing/fleeing domestic abuse and their children.

PDAS works in partnership with local agencies to provide:

- Emotional and practical support
- Safety planning
- Advice and signposting to other agencies
- Assist in securing safe accommodation including REFUGE accommodation
- Support through the criminal justice system
- Creative support packages for children
- Face to face support

PDAS is committed to equality, offering services to people from black and minority ethnic (BME) communities, those living with a disability and women in a same sex relationship. Services are being developed to meet the needs of male victims.

P.D.A.S will accept self referrals and referrals from outside agencies.

Victim Support

Provides a service for anyone affected by domestic abuse (whether or not the police are involved).

- Free and confidential information
- Local support workers
- Practical help and emotional support
- Local and national help lines
- Information about court procedures
- Support at court.

Ahimsa

They are an independent community safety initiative providing specialist assessment and treatment programmes for men who are violent to women and a support service for their partners.

It is a voluntary organisation; participants will be charged a small fee dependent on their income.

MALE (Men's Advice Line and Enquiries)

Confidential helpline for men who experience violence and abuse from their partner or ex-partner.

- Gives men a chance to talk about their experiences
- Provides emotional support and practical advice
- Signposts to specialist services providing housing, legal, mental health, child contact and parenting advice

Police Domestic Abuse Investigation Unit

Dedicated Police unit made up of a team of specially trained and experienced Police officers who investigate domestic abuse cases.

They work in partnership with other agencies to ensure the safety of the person suffering domestic abuse is maintained whilst an investigation is being conducted. All reports of domestic abuse are taken very seriously.

