

## What you can do to give support: -

- if you are worried about someone you could say "I am worried about you because...." or "I am worried about your safety"
- believe what they are saying and build their confidence
- encourage them to make decisions at the right time for them
- (if safe to do so) report anything that happens to their GP or the police.

## Try not to: -

- tell them what to do
- get in the middle of the relationship or mediate for them
- put pressure on them to leave the relationship

**It can be a dangerous time for a victim and their children when they leave an abusive relationship.**

## Practical things you can do to help:

- Offer to keep a set of keys, important documents such as passports, benefit books, a set of clothes and money in case the person needs to leave quickly
- If the person has been hurt offer to go to the hospital with them, to their GP or another professional they can talk to, like a counsellor
- Help them to talk/visit Women's Aid to find out how they can help

## Organisations who can help:

### Black Country Women's Aid / Refuge

Support men and women experiencing domestic abuse including forced marriage and so called honour based abuse.

**0121 553 0090 or 0121 552 6448**

**Text or WhatsApp:** 07384 466181

**Email:** [idva@blackcountrywomensaid.co.uk](mailto:idva@blackcountrywomensaid.co.uk) Live chat [www.blackcountrywomensaid.co.uk](http://www.blackcountrywomensaid.co.uk)

**Ask Marc** For men and boys who have experienced domestic abuse, rape and sexual abuse contact **Ask Marc** 0121 289 6402, email [info@askmarc.org.uk](mailto:info@askmarc.org.uk) or visit [askmarc.org.uk](http://askmarc.org.uk) for more information.

### West Midlands Forced Marriage

24hr helpline to support victims of Forced Marriage and Honour-based Abuse.

**0800 953 9777**

### National Domestic Violence Helpline

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

**0808 2000 247**

### Childline

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

**0800 1111**

### Rape Crisis England and Wales

**0808 802 9999**

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

### Sandwell Children's Trust

People concerned about a child who may be a victim of forced marriage or honour-based abuse should contact Sandwell Children's Trust on **0121 569 3100**.

### Adult Social Care

Those concerned about an adult with care and support needs should contact Adult Social Care on **0121 569 2266**.

**Birmingham LGBT** can also provide a range of support services for LGBT victims of domestic abuse visit:

<https://blgbt.org/>

**For more information please go to**

[www.sandwell.gov.uk/domesticabuse](http://www.sandwell.gov.uk/domesticabuse)



Safer Sandwell  
Partnership

Local Police and Crime Board



**Is someone you know  
experiencing Domestic  
Abuse?**



**Information for friends, family,  
and work colleagues who are  
worried about someone  
suffering from domestic  
abuse.**

## What is domestic abuse?

Domestic abuse can be physical, sexual, financial, emotional, psychological. A person is being abused if they are scared to be themselves or they don't do things because they fear what their partner might do.

## Here are some examples of domestic abuse and signs someone is in an abusive relationship: -

**Physical** – hitting, kicking, pushing, biting, strangling. You may notice bruises or other injuries and they may lie about how they received them.

**Sexual** – forcing them to make unwanted videos or photos of a sexual nature, rape.

**Financial** – Controlling their finances, not allowing them to have any money or a job.

**Emotional** – calling the person nasty names, making them feel they are useless and can't do anything right. Partner withholds affection.

**Psychological** - The person may be very scared, nervous or distracted. The abuser can make threats to harm the person, making them scared to go anywhere or do anything.

**Anyone can experience domestic abuse. It happens to women and men; young and older people; straight and LGBTQ and people of all ethnicities and religion. Some victims may be at higher risk e.g. those who need help to care for themselves.**

## Signs that someone is experiencing domestic abuse:

- ✚ You may notice that their appearance has changed
- ✚ They are less confident or behave differently when their partner is there
- ✚ They may cancel plans/spend less time with you
- ✚ If they are out with you, they may receive texts or calls from their partner all the time they are with you and may need to leave suddenly
- ✚ They may be taking more time off sick from work than usual
- ✚ They may be more tearful, angry, anxious, confused and feeling low
- ✚ They may have physical injuries
- ✚ They may give excuses for frequent injuries
- ✚ They may be using different ways to cope with the abuse e.g. increased alcohol or drug use

**If you are worried about a child's safety, report it to any of these people:**

- ❖ **School staff**
- ❖ **GP**
- ❖ **Health Visitor**
- ❖ **Police**
- ❖ **Children's Social Care**

**If you think someone is in immediate danger and needs help urgently call the police on 999.**

## Here are some examples of signs someone is in a controlling relationship:

- ✚ They blame themselves for the abuse and feel it's their fault
- ✚ The person has said their partner is jealous and controlling
- ✚ They aren't visiting you or their friends or coming to the usual planned family gatherings or work events they would normally attend
- ✚ They are always picked up and dropped off wherever they go, and the partner gets angry if the person is late
- ✚ They don't call you or they don't call you as much as they used to and there isn't a good reason
- ✚ They must 'check in' with their partner at specific times
- ✚ They aren't using social media e.g. Facebook as often as they would do normally and there isn't a good reason why.

## A person experiencing domestic abuse may: -

- ✚ feel like everything is their fault and they are walking on eggshells waiting for something to happen
- ✚ be scared that they and their children aren't safe
- ✚ think that if they change for their partner the abuse will stop
- ✚ still love their partner and hope they will change.

**It may take the person a long time before they will talk to you about what they are experiencing. They may not know what to say or how to describe what they are feeling - give them time to open up.**