

DOMESTIC ABUSE

NO EXCUSE

If you, or someone you know
is experiencing domestic abuse,
call 0808 800 0028 and break
the silence.



NATIONAL DOMESTIC VIOLENCE HELPLINE: **0808 2000 247**
BIRMINGHAM AND SOLIHULL WOMEN'S AID HELPLINE: **0808 800 0028**
BIRMINGHAM REFUGELINE: **0800 111 4223**

WWW.BSWAID.ORG

#SUSOBRUM

Domestic abuse is often used to keep power and control over another person. It is not just physical and sexual violence.

Often the most harm can come from the emotional abuse. Have you or the person you are concerned about been

- hurt or threatened or forced to do something that she really did not want to do
- criticised, belittled or humiliated in front of family, friends or others
- prevented from seeing friends or family;
- constantly checked upon or
- worried about how your/their children are coping.

The victim needs to know you are concerned about need to know that

- you are not alone – 1 in 4 women will experience domestic violence and abuse
- you are never to blame – whatever the abuser says, remember there is **NO EXCUSE**
- if no-one gets involved, domestic abuse usually gets worse and worse
- you don't have to put up with it
- you don't have to wait for a crisis to get help – the earlier you get support and advice, the more options may be available.

There are domestic abuse services across the city that can support individuals and their families and give advice about what can be done. It can sometimes feel daunting approaching a service for the first time. Domestic abuse services will listen, support and provide time and space to help decide what to do next. Services won't judge because of what is said or force anyone to make a decision that isn't ready to be made.

Visit www.bswaid.org for more details.



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