

# Victim Support

## Domestic Abuse

Information from  
Victim Support

## What is domestic abuse?

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Domestic abuse involves threats, violence or abuse between people who have a relationship with each other (or have had in the past). It can happen between partners, within families or shared homes, and affects men and women in both straight and gay relationships. It happens between people of all cultures, religions or classes. It's based on one person having power or control over another, and it often gets worse over time.

Some organisations use the word 'abuse' instead of 'violence'. We think of these terms as interchangeable.

Domestic abuse takes many forms including physical, sexual, emotional or financial abuse, and being cut off from your family and friends. It is very common. The police estimate that they get a call every minute from someone who is a victim of domestic abuse. Studies show that one in four women and one in six men will experience domestic abuse during their life.

Domestic abuse is unacceptable. No one deserves to be abused.



## People who are abused

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Many people who live with domestic abuse are able to continue relatively normal lives in very difficult circumstances. Some people find that leaving an abusive relationship (for example by moving away) stops the threats and violence. But unfortunately in some cases, leaving or trying to leave can make things worse.

We know that on average a victim of domestic abuse will have been assaulted 35 times before contacting the police.

## Victim Support can help

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Victim Support is an independent charity for people affected by crime. Our support team are specially trained to give information, practical help risk assess, safety plan and provide emotional support to people who have been threatened or abused.

Our services are confidential, free and available to everyone.

You can also contact us directly, whether or not you want to report the crime to the police and regardless of when it happened. We'll help you, whatever decision you make.

If you go to the police our volunteers can accompany you to the police station and to court. They can give you information about court procedures and applying for compensation.

They can also help you to contact other organisations if you need different kinds of help. If you prefer, you can talk to someone anonymously on our Victim Supportline. The details are on the back page of this leaflet.

You can also contact us if you know someone who needs help. Research shows that just under half of victims will tell a relative or friend. Please see the list of things you can do to help others on page 6.

## How we can help

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A lot of people find it very hard to accept that they are a victim of domestic abuse. It can take a long time for someone to admit it to themselves, but it is a vital first step in getting help.

If you are a victim of domestic abuse, we want to help you. We will:

- always prioritise your safety and confidentiality if you choose to talk to us
- give you time to think and to make decisions
- offer continuous support regardless of the decisions you make
- put you in touch with other agencies that can help, for example, with housing, benefits and legal advice
- help you to explore the choices that are open to you.

## The effects on children

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It is important not to underestimate the impact of domestic abuse on children. In a large number of cases children are present in the home when a parent is being abused.

We will do everything we can to help abused parents to support their children effectively.

## Your safety

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If you can't keep this leaflet at home you may want to use the detachable card with telephone helpline numbers on the back page.

All the organisations listed on page 7 will be able to offer information on staying safe.

If you are facing an emergency phone the Police on 999.



## How to help others

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If you suspect or know that someone is affected by domestic abuse you should:

- listen to them and take them seriously
- be there for them, whatever decisions they make
- not judge them
- not try to intervene or sort out the situation yourself
- respect their need to be secretive
- not expect them to simply leave, because:
  - they may need help to leave safely
  - they may not want to leave
  - they may want the abuser to leave.

Whatever their circumstances it is likely that they may want legal, financial and emotional support.

Do not put yourself in a dangerous position and be careful not to further endanger them. You can contact Victim Support for support and advice.

**If you can do so safely, please remove the card opposite and keep it with you.**

We have left one side of the card blank so you can write the details of local organisations.

## Useful contacts

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### Supportline

If you've been affected by crime and you need confidential support or information, call our Supportline for free on

**08 08 16 89 111**

Our Supportline operates 24/7.

### National Domestic Abuse Helpline

**0808 2000 247**

A 24-hour freephone service for female victims provided in partnership by Refuge and Women's Aid.

### MEN'S ADVICE LINE 0808 801 0327

A freephone service offering advice and support for men in abusive relationships. Monday to Friday 9-5.

Victim Support IOM

**(01624) 679950**

Victim Supportline

**0808 16 89 111**

National Domestic Violence Helpline

**0808 2000 247**

Womens Aid IOM

**(01624) 677900**

Victim Support  
6 Albert Street  
Douglas  
IMI 2QA  
Telephone: (01624) 679950  
Email: [enquiries@victimsupport.im](mailto:enquiries@victimsupport.im)  
Website: [www.victimsupport.im](http://www.victimsupport.im)  
Find us on Facebook 

Victim Support (Isle of Man)  
Registered in the Isle of Man  
Company no. 115229C  
Registered Charity no. 963

Victim Supportline  
**0808 1689 111**

Victim Support National Office,  
Octavia House,  
50 Banner St,  
London,  
EC1Y 8ST  
Telephone: 020 7268 0200  
Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)



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## Useful Information

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