

This information leaflet was produced by

**Southend Domestic Abuse Forum,
Southend Police Station,
Victoria Avenue, Southend-on-Sea,
Essex SS2 6ES.**

Website: **www.southendcdrp.co.uk**

If you require the text of this leaflet translated please contact:

Tel: **0300 333 4444**

Or email:

domesticabuseforum@southend.gov.uk



Housing options

If you want to leave your home, there are a number of options available to you, and the agencies listed below can help you, as well as the National Domestic Violence Helpline and local domestic abuse services.

The Housing Options Team can also talk to you about the Sanctuary Scheme. If you are no longer living with the abuser, and wish to remain in your home, this can offer you extra home security to help you feel safe.

Southend Council Housing Options

Team: 01702 215567

South Essex Homes: 0800 833163

Estuary Housing: 0845 634 0635

Shelter: 0808 800 4444

Legal options

The law can support you in a range of ways, including injunctions to make sure the abuser stays away from you.

If you are in immediate danger, always call the **Police on 999**. At other times, if you wish to speak to a trained Domestic Abuse Liaison Officer, call **01702 423151**.

- **National Centre for Domestic Violence**
- free help with getting an injunction:
0844 8044 999

- For legal advice and to find a local solicitor, contact the **Community Legal Service: 0845 608 1122**

- **Essex Police Domestic Abuse and Hate Crime Unit: 01702 423151**

Useful numbers

- **Victim Support: 0845 45 65 995**
- **Citizens Advice Bureau: 01702 610610**
- **Southend-on-Sea Borough Council Safeguarding Vulnerable Adults Team : 01702 534404**
- **Samaritans: 0845 7909 090**
- **Patient Advice and Liaison Service, NHS South East Essex: 01702 224642**

Personal numbers & notes

DOMESTIC ABUSE

How
to get help
and support



How do I know if I am experiencing domestic abuse?

Does your partner or family member:

- Hit you?
- Threaten to hurt you, your children, friends, family, pets, your things or themselves?
- Put you down and make you feel bad about yourself?
- Behave in a jealous and possessive way?
- Control all the money, against your wishes?
- Make you have sex when you don't want to?
- Control where you go and who you see?
- Or are you worried that you will be forced to marry someone?

If you answer yes to any of the above, you may be living with domestic abuse.

How it might affect you

Experiencing domestic abuse has a big impact on how you feel about yourself and your life.

You may start to feel depressed or anxious, to lose your self-confidence and self-esteem.

If you are experiencing physical abuse, you may need to get treatment for injuries.

You may find it difficult to talk to other people about it, or think that they will not understand, **but remember**

It is not your fault

You are not alone

You can get support

Your Options

Even though you may feel trapped, it is important to remember that there are options open to you, and you can get support from any of the agencies on this leaflet.

Police - in an emergency, always call **999**

National Domestic Violence Helpline, for women experiencing domestic abuse - **0808 2000 247** - 24 hour

Men's Advice Line, for men experiencing domestic abuse **0808 801 0327** - Mon - Fri, 10am - 1pm and 2 - 5pm

Broken Rainbow, for the lesbian, gay, bisexual and transgender community **0300 999 5428** - Mon & Thurs 2 - 8pm, Wed 10am - 1pm

Your Options:

what is available in Southend

As well as the national help lines listed here, you can contact one of the local Southend services listed below:

Southend Domestic Abuse Support Services: 01702 291266

(Mon - Fri 9am - 5pm, and out of hours in an emergency). Offers advice, support and safe accommodation to women and children fleeing domestic abuse. The service also offers support to women who are experiencing or who have fled domestic abuse and wish to remain in their own home.

Girl Child Network / Dove Project: 01702 302333 (Mon - Fri 10am - 4pm) Confidential advice and support for women and girls who have experienced domestic abuse and/or sexual abuse.

Safety Planning

You should not have to live in fear. There is help and support available that can help you to identify a safe place you could escape to, and to make a safety plan to help keep you and your children safe.

If you decide to leave, try to take the following items, if it is safe for you to take them:

- Passport for you (and your children), birth certificates, immigration papers, driving licence, welfare benefits book
- Marriage certificate
- Keys - home, car and work
- Address book with useful and emergency numbers
- A little money
- Prescribed medication
- Clothes for you (and your children)
- Any items of sentimental value, including your children's favourite toys

Your children

If you have children, they will be affected by the violence and abuse you are experiencing. They may witness it happening, or may hear it from another room. They will certainly see the impact it has on you, and will be worrying about it happening to them. Unfortunately, in a lot of cases, there is a risk of them being abused as well as you.

They need support too.

Fledglings in Southend offer a range of support services for children and young people, and their parents or carers: **01702 343868**

Childline: 0800 1111

Southend Social Services

First Contact Team: 01702 534490
