

## YOU HAVE CHOICES AND RIGHTS

If you or your family are subject to domestic violence,  
**do not be afraid to ask for help.**

There are people who will talk to you in confidence and  
give you advice without making the situation worse.

The following list of telephone numbers may be useful.  
**In an emergency always dial 999.**

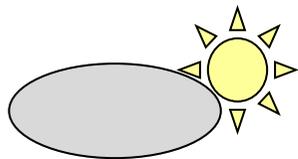
**For 24 hr. advice or help**

**Ring: 0844 8044 999**

**Or**

**Text "NCDV" to 60777**

**Everyone has the right  
to be safe in their own home**



# ***YOU CAN STOP DOMESTIC ABUSE HAPPENING TO YOU***



**LET OTHERS HELP**

## What is Domestic Abuse?

Domestic Abuse may be physical, sexual, mental or emotional. It can occur in many types of different relationships even involving children, and is frequently controlling, and long term.

Telling you what to wear,  
shouting, mocking you,  
taking your money.

Kicking you, slapping you,  
punching you, hurting you  
in front of your children,  
telling others lies about you.

Spitting on you, hurting your  
children, stalking you, denying  
there is abuse taking place.

Raping you, choking you,  
isolating you, telling you  
there is no way anyone  
would believe you.

Every week 2 women escape  
domestic abuse when they  
die.

**DEATH**

## How Do I Stop This?

You can climb out of this pit of despair



**Step 3:**  
Seek help  
and  
support,  
it is  
available.

**Step 2:**  
It is not your  
fault. You  
and your  
children  
deserve  
better and  
you can  
have help.

**Step 1:**  
Admit that you are  
being treated  
wrongly and it is  
abuse.

**Remember :** Domestic abuse can happen to anybody at any time and destroys lives and families.

Pregnancy increases these risks and may even provoke more violence and stress (30% of domestic abuse situations start during pregnancy).

Your baby is also at risk. Get help so that you and your baby can start a new life together.