

## Who can help me?

### Consider your children

- Often, children witness incidents and they can sometimes be physically hurt too
- Experience of domestic abuse can leave children confused, distressed, guilty, helpless and worried
- It can impact many aspects of their life, such as school and relationships
- For information on local support services for children affected by domestic abuse, please telephone the Somerset Domestic Abuse helpline

### Do you want to change

- SIDAS (Somerset Integrated Domestic Abuse Service) offers a voluntary programme to help men and women who think their behaviour may be harmful at home and want to take responsibility and learn techniques to change.
- The programme helps men and women to take responsibility for their behaviour, and understand the impact on their partner and children.

## USEFUL CONTACTS



### Somerset Domestic Abuse Helpline

0800 69 49 999

### National Domestic Violence Helpline

0808 2000 247

### Somerset Direct

0300 123 2224

### RSPCA Pet Retreat

0300 123 8278

In an emergency, call  
**999**

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

helping to  
keep you safe



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keep you safe

## Domestic Abuse

Anyone can be affected by domestic abuse - irrespective of age, ethnicity, gender, sexuality, religion, disability...

## What is domestic abuse?

### Domestic abuse typically involves:

- Controlling, coercive or threatening behaviour
- Violence
- Psychological, physical, sexual, financial or emotional abuse between adults over 16 years old who are, or have been, intimate partners or family members

It can happen to anyone regardless of age, gender, ethnicity or sexuality. At some point in their lives, it will affect:

- One in four women
- One in six men

### Domestic abuse is rarely a one-off

#### It's not your fault

- Are you made to feel guilty or responsible for the abuse?
- Is the abuse increasing in severity and/or frequency?
- Don't be ashamed. Gain support from others, and believe your life can be different

## What can I do about it?

#### It's time to change

- Recognise it is happening to you
- Accept that you are not to blame
- Seek help and support

#### What you can do to alter your situation?

- Don't suffer in silence - there is help available
- There are specialist organisations, which can offer help, support and practical advice to anyone regardless of gender, ethnicity or age
- Remember that abuse is a crime and can be dealt with through the police and courts

#### It's happening to a friend - how can I help?

- Support from a trusted friend can be invaluable
- Let them know you believe them and that they are not alone
- Do not judge or blame them
- Encourage them to contact support agencies

**If you witness an assault, phone the police.**

## Who can help me?

Somerset has a confidential local specialist service that can help people experiencing (or who have recently experienced) domestic abuse.

**SIDAS (Somerset Integrated Domestic Abuse Service)** aims to help keep you safe, and includes:

- Emergency housing
- One to one support in the community
- Programmes to help break the cycle of abuse

#### Where can I find out more

**Somerset Domestic Abuse Helpline** is a:

- Confidential help, support and information for anyone worried about themselves, a friend, relative or colleague experiencing domestic abuse and violence
- Accessible to all, regardless of age, ethnicity, gender, disability or sexuality

**NB:** these numbers will not appear on your BT landline phone bill. Other networks and mobiles cannot be guaranteed.



**Somerset Domestic Abuse Helpline**

0800 69 49 999