

Domestic Abuse

Abuse is a control issue – abusers believe they have the right to manipulate, control and humiliate another person, and this belief is not only held by some men but also by some women.

Domestic abuse is very common and currently claims the life of two women a week and affects millions of people.

One incident of domestic abuse is reported to the Police every minute.

The Government defines Domestic Violence as: 'Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality'.

Forms of abuse can include:

Emotional or Mental Abuse:

These can include Intimidation, withholding affection, turning your children and friends against you, constantly being insulted, belittled or humiliated, excessive contact, for example stalking, threats and blackmail, using social media sites to intimidate you (such as Facebook and Twitter).

Sexual Abuse:

This can involve sexual harassment/pressure, forcing sex after physical assaults, sexually degrading language and rape.

Threatening/Violent behaviour:

The threat or use of violence including hitting, kicking, punching, spitting. The threat of use of violence against family members or pets, destroying personal items.

Domestic Abuse

For all victims of abuse, the message is the same...

- You are not alone
- It is not your fault
- Help is available

For help and advice contact the Police In an Emergency always call 999

Whoever you are, being hurt by someone you love and trust can be devastating.

You may feel bewildered and confused.

You may wonder if it's your fault.

You may feel too ashamed or embarrassed to tell anyone.

If you do tell, you may find that you are not believed or that your abuse is trivialised.

Citizen's Advice Bureau

Rayleigh 01268 770782/779847
Rochford 01702 545552

Essex Police Domestic Abuse and Hate Crime Unit (Southend)

01702 423151

Broken Rainbow

Support for lesbian, gay, bisexual and transgender
08452 604460

National Domestic Violence Helpline (24hr)

0808 2000 247

Basildons Women's Aid

Emergency 24hr 01268 581591
Parklands Outreach 01268 521666

Mens Advice Line

01823 334244

Rape and Sexual Abuse Support Centre

08451 221 331

South Essex Victim Support

0345 456 5995

If you would like this information in large print, Braille or another language phone us on 01702 546366



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Domestic Abuse Reduction Officer Community Safety Team

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