

# DOMESTIC ABUSE



## DOMESTIC ABUSE HELPLINE

**0800 254 0909**

It is open for anyone over the age of 16 who is experiencing or has previously experienced domestic abuse & violence in any form. This includes:

- Physical Abuse/Violence
- Online Abuse
- Sexual Abuse/Violence
- Forced Marriages
- FGM
- Emotional Psychological Abuse



## PANKHURST TRUST

**0161 660 7999**

The Pankhurst Trust brings together Manchester Women's Aid and the Pankhurst Centre. We work together to ensure the powerful story of the women who won the vote continues to inspire us all to challenge gender inequality, and to ensure that those suffering from domestic violence and abuse get the confidential help they need.

## THE FREEDOM PROGRAMME

The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help them to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

## REFUGE

**0808 2000 247**

We offer wide-ranging community outreach services that meet women experiencing domestic abuse where they are, physically and emotionally, on their journey to safety.

Call the National Domestic Abuse Helpline on 0808 2000 247 to speak to a community outreach service.

## **DOMESTIC VIOLENCE ASSIST**

**0800 195 8699**

The UK's only registered charity specialising in arranging Non-Molestation Orders, Prohibited Steps Orders & Occupation Orders. If you are a victim of domestic violence the police may already be involved.

You may not feel able to support the prosecution for fear of repercussions. Only 7 out of 10 victims are prepared to support a prosecution for fear of repercussions.

There might be insufficient evidence for the prosecution to charge the abuser or the police may have further enquiries to make before a charging decision can be made.

However there are a number of options available to you that will provide immediate safeguarding for you.

## **SAHELI**

**0161 945 4187**

We do this by providing emergency refuge accommodation, specialist counseling, training, and empowering Black, Asian and Minoritised women to make informed choices and get the support they need.

Do you need information, advice or help with your own situation of domestic abuse?

Do you need advice for you or a woman who you think is experiencing domestic abuse?

## **WOMEN'S AID LIVE CHAT**

If you're a survivor with children you have probably tried to shield them from the abuse as much as possible. But talking to children about what's happening can help them to feel less powerless, confused and angry.

A personal safety plan is a way of helping you to protect yourself and your children. It helps you plan in advance for the possibility of future violence and abuse. It also helps you to think about how you can increase your safety either within the relationship, or if you decide to leave.