

# UWE Wellbeing Service

## Domestic Violence

Domestic violence is abuse within an intimate or family relationship. It is the repeated, random and habitual use of intimidation to control a partner. The abuse can be physical, emotional, psychological, financial or sexual. Anyone forced to alter their behaviour because they are frightened of their partner's reaction is being abused.

It can be it hard to admit that there's a problem, and you may be uncertain or scared to seek support. Remember that you deserve to be safe and live a healthy, happy life.

***"There is no greater agony than bearing an untold story inside you" – Maya Angelou***

### Questions to consider:

- Are you afraid of your partner?
- Do you feel isolated? Do they cut you off from family and friends?
- Are they jealous and possessive?
- Do they humiliate, insult or constantly criticise you?
- Do they physically hurt you? Do they shove, slap, punch or kick you?
- Have they threatened to hurt you or people close to you?
- Are they charming one minute and abusive the next? Like Dr Jekyll / Mr Hyde?
- Do you change your behaviour to avoid triggering an attack?
- Are you unsure of your own judgement?

### Remembering this will help:

- You are not alone – many men and women experience abuse
- The abuse isn't your fault
- There are professionals and organisations that can help you
- You can't change your partner's behaviour
- Domestic violence is against the law

### Tool to help you identify abuse and assess risk:

- **DASH** - Domestic Abuse, Stalking and Honour Based Violence Risk Identification, Assessment and Management Model - a common checklist for identifying and assessing risk, which will save lives <http://www.dashriskchecklist.co.uk/>

### Websites

- **Karma Nirvana** provide support for victims of 'honour' based domestic violence <http://www.karmanirvana.org.uk/>

# UWE Wellbeing Service

## Domestic Violence

- **Women's aid** - national charity for women and children working to end domestic abuse different suggestions of support including survivor's handbook <http://www.womensaid.org.uk/>
- **SNAP** provide support for all victims of domestic violence and have a good awareness of men's situations <http://snapdomesticviolence.org.uk/>
- **Victim Support** provide telephone and face to face support to victims of domestic violence <https://www.victimsupport.org.uk/>
- **Broken Rainbow** provide support for lesbian, gay, bisexual and transgender (LGBT) people Experiencing domestic violence <http://brokenrainbow.org.uk/>
- **The Survivors Network** - a peer-led group that provides a space to meet in a safe environment. Coffee mornings every other Saturday and events like a spoken word Story Slam, crafternoons and wellbeing walks. <http://tinyurl.com/hfrom6s>

### Local Organisations

- **Bristol Against Violence and Abuse (BAVA)** – information about different types of violence and abuse and support services that can help. There is also information on how to help others and how to raise awareness of violence and abuse <http://www.bava.org.uk/>
- **Freedom Programme** – 12 week rolling group for survivors of domestic abuse to understand the processes of abuse behaviour- open to women who have left their abusive situation and those who are still there, even if they have no plans to leave <https://bristolfreedomprogramme.wordpress.com/>
- **Next Link Bristol** – Bristol based support for women who are survivors of domestic abuse. They can provide information about refuges, resettlement projects with floating support for 2 years and counselling <http://www.nextlinkhousing.co.uk/>
- **Woman Kind** – Women's therapy centre based in Bristol offering free or affordable professional counselling, psychotherapy and on-going support <http://www.womankindbristol.org.uk/>

### Advice and support for male victims of Domestic Abuse

- **Men's Advice Line** – a confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner) <http://preview.tinyurl.com/jdb8v3m>
- **Mankind Initiative** – helpline and resources for men affected by domestic violence <http://www.mankind.org.uk/howwecanhelp.html>
- **Refuge** – a number of services for male victims of domestic violence across the country. These are primarily independent domestic violence advocacy and outreach services, which provide practical and emotional support for men who are experiencing domestic violence <http://www.refuge.org.uk/get-help-now/help-for-men/>