

Advice if you are worried about domestic abuse

What is domestic abuse?

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over, who are, or have been intimate partners or family members regardless of gender or sexuality.

The abuse can encompass but is not limited to the following types of abuse:

- Psychological
- Physical
- Sexual
- Financial and or
- Emotional

Planning to leave

- Keep useful telephone numbers with you
- Photocopy or collect important documents, such as passports
- Open a savings account
- Make sure you know where your bank cards / savings books are
- Get an extra set of keys cut
- Organise a bag of clothes / toys / medicines for yourself and your children
- **Do not** do it alone

Keeping safe at home

- Contact the specialist services for help and advice.
- Change all the locks and install window locks
- Install a burglar alarm and smoke alarm
- Install lights that illuminate when someone comes near the house
- Use an answering machine to screen all calls
- Change your mobile number
- Let your neighbours know so that they can look out for you
- Teach your children how to dial 999 and give their address

Leeds Domestic Violence Service

Leeds Domestic Violence Service (LDVS) is a partnership between Leeds Womens Aid, Behind Closed Doors and HALT. LDVS deliver community based support to people who live in Leeds, who are experiencing or have experienced domestic abuse.

Leeds Domestic Violence and Abuse Service 0113 246 0401

Domestic abuse and children

Domestic abuse affects children too. They can grow up more likely to suffer health problems, struggle at school, be involved in crime, use drugs and or have abusive relationships themselves. There's help available for everyone.

Adverse childhood experiences (ACEs) are potentially traumatic events, such as witnessing or living in household where domestic abuse occurs which can have negative, lasting effects on health and well-being.

Making a victim personal statement

A victim personal statement adds to the information you have already given to the police in your statement about the crime.

The victim personal statement (VPS) gives you the chance to tell the police and the court what support you might need and how the crime has affected you (physically, emotionally or financially).

You do not have to provide one, the police will continue with your case without a VPS.

If you do provide a VPS it will become part of the case papers and may be used by the court upon sentencing or considering whether the defendant should be granted bail.

For help or advice, please contact:

Victim Support: 0845 456 5995 or 0845 3030 900,
www.victimsupport.org.uk



For help or advice, please contact:



Useful Contact Numbers

If it is an emergency where a crime is in progress or there is a danger to life, always contact the police by calling **999**.

To contact the police in a non-emergency call **101**.

If you are deaf or hard of hearing use mobile text phone **07786 200 200**
or Typetalk / Text Relay **18001 101**.

Leeds Safeguarding Unit	0113 3859590
Leeds Domestic Violence and Abuse Service or Text	0113 246 0401 07825 156 087
National Domestic Violence Helpline	0808 2000 247
West Yorkshire Sexual Assault Referral Centre (SARC)	0330 223 3617
Support After Sexual Violence Leeds (SARSVL)	0808 802 3344
Karma Nirvana (Forced marriage / Honour based abuse helpline)	0800 5999 247
Men's Advice Line	0800 801 0327
Men Reaching Out (Male Domestic Abuse Service)	01274 731020
GALOP (National LGBT Domestic Abuse Helpline)	0800 999 5428
Crimestoppers	0800 555 111
Childline	0800 1111
Paladin (Stalking Advocacy Service)	020 3866 4107
National Stalking Helpline	0808 802 0300