

Refuge Numbers

Durham Women's Refuge:

0191 386 5951

Terentia House (Consett):

01207 581690

Peterlee Refuge:

0191 586 8890

Wear Valley Women's Aid Refuge:

01388 600094

Rape and Sexual Abuse Support

The Centre (County Durham &

Darlington): 01325 369933

Sexual Assault Referral Centre:

0191 3018554

National Support Numbers

National Women's Aid Helpline:

0808 2000 247 (Freephone 24
hours)

Karma Nirvana Honour Network

Helpline: 0800 5999 247

Respect Men's Advice Line:

0808 801 0327

Other Numbers

Durham Constabulary:

0345 60 60 365

Choices Forced Marriage

Helpline: 0800 5 999 365

In an Emergency ring 999

Please ask us if you would like this document
summarised in another language or format.

العربية (Arabic) 中文 (繁体字) (Chinese) Urdu (Urdu)
polski (Polish) বাংলা (Bengali) Español (Spanish)
বাংলা (Bengali) हिन्दी (Hindi) Deutsch (German)
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safer.communities@durham.gov.uk

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The Safe Durham Partnership

Altogether safer

Domestic Abuse Information Booklet

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Domestic Abuse

Is not only physical abuse

It can include

- Psychological abuse
- Sexual abuse
- Isolation from family and friends
- Financial control
- Threats
- Intimidation

It is most often experienced by women and committed by men but can also be carried out by – Gay and lesbian partners in same sex relationships
Women against men

Victims can experience domestic abuse regardless of race, ethnic or religious group, class, disability or lifestyle.

1 in 4 women is likely to experience domestic abuse in their lifetime.

2 women per week die at the hands of a partner or ex-partner.

Although every situation is unique, there are common factors that link the experience of an abusive relationship.

Acknowledging these is an important step in preventing and stopping the abuse.

Examples of other types of abuse:

Psychological Abuse e.g. -

Verbal abuse, accusations, lying to your family about you, threatening and intimidating you.

Threatening to take your children away or, threatening to report you to Children's Services.

Harassment, stalking, opening your mail or e-mails or contacting you via social networking sites (e.g. Facebook).

Financial Abuse –

Your partner keeps you short of money.

Stopping you getting a job.

Taking your money.

Sexual Violence –

Using force or intimidation to make you perform sexual acts.

Pressurising you to have sex when you don't want to.

Other degrading treatment based on your sexual orientation.

Victims of abuse can be affected by any of the above examples

Victims of abuse can often feel isolated and find it hard to talk to family and friends about what is going on at home.

This can also happen once you are leaving or have left a relationship.

Everyone has the right to live free from abuse and fear.

What can you do if these situations relate to you or someone you know?

There are organisations in County Durham and across the region that provide support to female and male victims, those from the lesbian and gay community, victims whose first language is not English as well as their children, and victims of honour based violence and forced marriage.

Support can be anything from listening and providing emotional support, to giving basic information, providing practical advice and assistance with issues such as housing, child contact, benefits, solicitors and court support.

They can also assist with free home safety and security in family homes when victims want to stay in their own home.

Children's workers are often part of support teams helping children work through their feelings.

If you or anyone you know is affected by this subject and you would like to talk to someone in confidence please contact any of the following numbers:

Domestic Abuse Outreach Support Services

Chester-le-Street, Durham, Consett and Stanley areas:

01207 232888

01207 233880

Peterlee and Seaham areas:

0191 587 1555

Spennymoor and Newton Aycliffe areas (No 31 & SODA):

01325 320111

Bishop Auckland, Crook and the Dales areas (No 75):

01388 742106

Gay Advice Darlington and Durham: 01325 355551