



Getting help and support

WITH DOMESTIC ABUSE

Domestic abuse can happen to anyone and equally anyone can be an abuser. So, it's important you know how to spot the signs and where to go for help and support.

DEFINITION

"Domestic violence, also called domestic abuse, includes physical, emotional, financial and sexual abuse in a relationship or between family members."

Getting help and support

You don't have to put up with domestic abuse. Don't wait for an emergency situation to get help. If domestic abuse is happening to you, it's important you tell someone.

You're not alone, our Housing Officers are trained to deal with disclosures and can help you find support. They regularly visit schemes so you can stop and talk to them while they're out or call **01782 744533** or email **neighbourhoods@staffshousing.org.uk**

Other ways to get support

Glow domestic abuse support

0330 0945 559 (Staffordshire)

0133 2985 111 (Derbyshire)

New Era domestic abuse support

0300 303 3778 (Stoke-on-Trent and Staffordshire)

Domestic abuse hotline

0808 2000 247

helpline@womensaid.org.uk

Male domestic abuse advice line

0808 8010 327

info@mensadviceline.org.uk

LGBTQ+ domestic abuse support

0800 999 5428

help@galop.org.uk

Forced marriage line

020 7008 0151

fmu@fcdo.gov.uk

Honour based abuse support

0800 5999 247

karmanirvana.org.uk/get-help

Speak to your GP

In an emergency call 999