

Is your partner or someone in your family treating you badly?



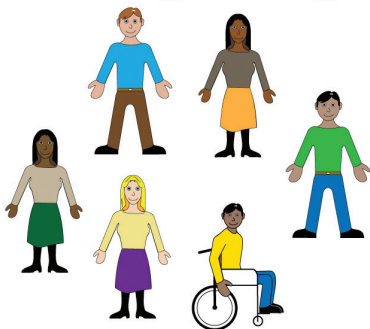
**Cambridgeshire
& Peterborough**
Domestic Abuse & Sexual
Violence Partnership



What is domestic abuse?

Domestic Abuse is when your partner, ex partner or a family member treats you badly. It could be that they hit you or hurt you in another way.

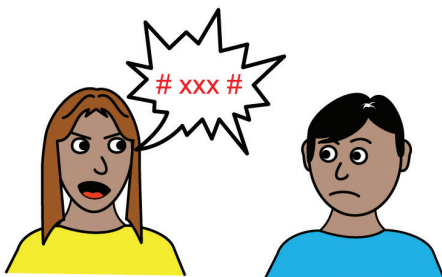
about everybody



Domestic abuse can happen to men and women.

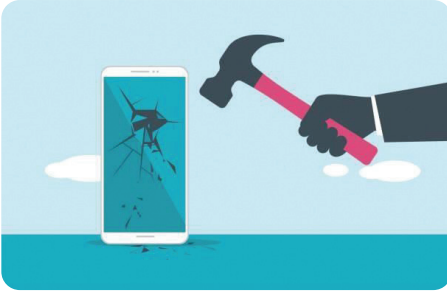
Domestic abuse can happen to people who are 'straight' or people who identify as gay, lesbian, bisexual or transgender.

call you names



Or they might stop you doing things like seeing friends.

It might be that they say horrible things to you or threaten you.



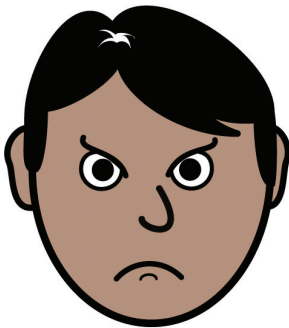
They could break your things to upset you. This could be a mobile phone or other things that you need or like.

money



They might steal money or benefits from you or buy things for themselves with your money.

angry



You should always feel safe. Nobody should make you feel scared.

mobile phone



Sexual abuse means when a person makes you do sexual activities that you do not want to do. This can include taking sexual pictures or filming you without your agreement, or threatening to share the photos or film with other people.

feeling low



How domestic abuse can make you feel

You might feel:

- Frightened
- Embarrassed
- Confused
- Worried about what will happen if you tell someone

worried



You might think it's your fault, or they might tell you it is your fault

– **this is not true.**

Domestic abuse and sexual abuse is wrong.



People who can help you

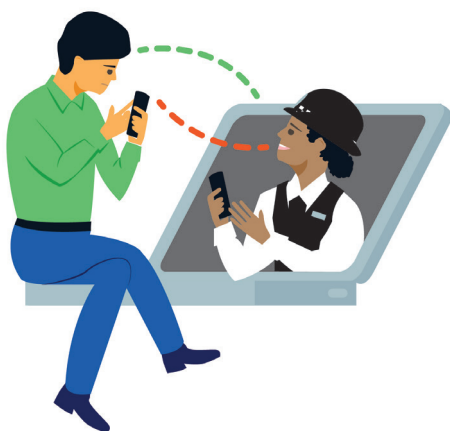
In an emergency or if you are in danger you can call **999**.

You can call the non-emergency number **101** or you can ask someone you trust to do this for you if you are scared to talk to the police.

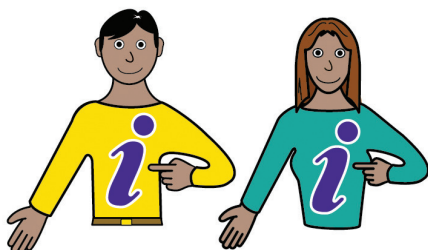
If you do not want to contact the police you can still get help.

If you live in Cambridgeshire or Peterborough, you can call the Domestic Abuse Support Service on **0300 373 1073**

or you can email them at DASSReferrals@impakt.org.uk



information about me



You can also speak to your social worker, your doctor or someone else that you trust.

What happens next?

You will need to give some information about yourself such as your name and address and date of birth. You will need to explain what has been happening.



An **Independent Domestic Violence Advisor (IDVA)** or a **Domestic Abuse Support Worker** might support you.



They can help you to make plans to stay safe. They can talk to other organisations on your behalf like Housing or Social Workers.

social worker

Remember, you are not alone.



You do not have to deal with this by yourself.

You might be able to get support called Adult Safeguarding.

You can speak to your social worker or another professional about this.

You can also report abuse by ringing the telephone numbers below:

0345 045 5202 if you live in Cambridgeshire

01733 747474 If you live in Peterborough

Other people who can help you

Refuge

Freephone National Domestic Abuse Helpline

0808 2000 247

www.nationaldahelpline.org.uk

Women's Aid

www.womensaid.org.uk

Karma Nirvana

For honour-based abuse and forced marriage

0800 5999 247

www.karmanirvana.org.uk

IMKAAN

For Black and 'Minoritised Ethnic' (BME) women

www.imkaan.org.uk/get-help

GALOP

For LGBTQ+ people

0800 999 5428

<https://galop.org.uk/>

Hourglass

For older people

0808 808 8141

www.wearehourglass.org

Cambridgeshire & Peterborough Victim and Witness Hub

Support for any victim or witness of crime

0800 781 6818

www.cambsvictimservices.co.uk

Cambridge and Peterborough Rape Crisis Partnership (CAPRCP)

Support for survivors of sexual violence

01223 245888

<https://caprcp.org.uk>



Acknowledgements

With thanks to Clare's Law Experiences Project and
Leeds and York Partnership NHS Foundation Trust.

Link to the project website and video about Clare's Law:

clareslawexperiencesproject.com



**Cambridgeshire
& Peterborough**
Domestic Abuse & Sexual
Violence Partnership