

What help is there?

The Police

In an emergency always call **999**

You can contact your local police station on **101**

During office hours, you can speak to **Domestic Violence Officers** at the **Public Protection Unit** by calling **101**

Services for Female Victims

Birmingham & Solihull Women's Aid:

Helpline (Mon - Fri) **0808 800 0028**

Support Service **0121 722 2142**

Community Outreach Service **07891 492327**

Children & Young People's Project **0121 742 4515**

Freephone 24 Hour National Domestic Violence Helpline For support and help

to access refuge accommodation **0121 742 4515**

Emergency Accommodation

Gateway Refuge space in Solihull & Birmingham **0121 675 4249**

Solihull Community Housing **0121 717 1515**

Children

Solihull Children's Services:

Multi Agency Safeguarding Team **0121 788 4333**

Childline **0800 1111**

NSPCC helpline **0808 800 5000**

Barnardo's Children and Young People's Counselling Services **0121 359 5333**

Adults At Risk

Solihull Adults Services **0121 704 8007**

Out of Hours (EDT) **0121 605 6060**

LGBT Support

Broken Rainbow **0300 999 5428**

Mon and Thurs 2pm – 8pm • Wed 10am - 5pm

Provides confidential support to lesbian, gay, bisexual & transgender people who have experienced domestic violence and abuse.

Forced Marriage Helpline

The Honour Network **0800 5999 247**

Mon – Fri 9.30am – 5pm

The dedicated helpline is run by the charity Karma Nirvana, which helps survivors of honour crimes and forced marriages. The phone line is staffed by survivors who understand what the victims are going through.

National Centre for Domestic Violence (NCDV)

Works in close partnership with the police, local firms of existing solicitors and other support agencies (Refuge, Women's Aid etc.) to help survivors obtain speedy protection.

0844 8044 999 or **0800 970 2070** (Freephone)

Free, fast emergency service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation.

18001 08009 702070

(minicom service for deaf and hard of hearing)

Allows anyone to apply for an injunction within 24 hours of first contact (in most circumstances).

Text **NCDV to 60777**

Fax **020 7160 9383**

www.ncdv.org.uk

Legal Advice

Many solicitors specialise in dealing with domestic abuse and family law; ask when you ring. Some firms give free initial consultation and work with the Legal Aid system.

Rights of Women www.rightsofwomen.org.uk

Domestic Abuse legal advice **020 7251 6577**

Immigration/Asylum advice **020 7490 7689**

Counselling And Support

Rape & Sexual Violence Project **0121 233 3818**

Solihull MIND (support re mental health issues) **0121 742 4941**

Samaritans **08457 90 90 90**

National Domestic Violence Helpline **0808 2000 247**

Victim Support **0300 303 1977**

Services For Male Victims

Talk it over (For men) **0808 801 0327**

www.mensadvice.org.uk

Domestic Abuse Perpetrators

Respect Phoneline **0808 802 4040**

www.respectphoneline.org.uk

These details and other information about domestic abuse can also be found on our website

www.solihull.gov.uk/domesticabuse

~~If it was
that bad
they'd
leave.~~

Challenging the myths
about domestic abuse.

**DOMESTIC
ABUSE**
WE ARE DRAWING THE LINE IN SOLIHULL

You may think that Domestic Abuse is not a problem in your community but the fact is it is.

Last year Solihull police received almost 3,000 calls regarding domestic abuse.

Every year it is thought that 7,000 people in Solihull (women and men) will experience domestic abuse.

It's not just adults that are involved.

Every year, an estimated 750,000 children in the UK witness domestic abuse.

Although not every child is affected in the same way, this can cause serious emotional harm in both the short and long term.

More worryingly, in families where there is domestic abuse, children are also more likely to be physically and sexually abused.

We are drawing the line in Solihull

is about us, as a community, making a stand against domestic abuse.

There are many myths surrounding domestic abuse. Believing them allows the problem to continue. By challenging the myths, you can play your part.

If it was that bad they'd leave.

Making it hard to leave, emotionally and practically, is often part of the abuse.

They may be afraid. The partner may have threatened to hurt them, their children

or themselves if they leave.

They may not have money. Controlling finances is common in abuse.

They may not have a place to go to, being isolated from friends and family by their partner.

They may not have the confidence. Undermining self-esteem and making them doubt their ability to cope on their own are ways of making them feel dependent.

They may feel ashamed. They may believe that the abuse is their fault. Different cultures view relationships differently, so they may feel they're bringing shame or dishonour to their family.

They may still hope their partner will change. There will have been good times. There still may be. Their partner may give them hope and say they're sorry, that they'll change.

They must have brought it on themselves.

Being violent, physically and emotionally, is never acceptable in a relationship

Neither is controlling the person through threats and intimidation.

Even if their behaviour has been terrible, it is no excuse for abuse.

It's not really abuse. They've never been hit.

Abuse isn't just physical, it can be emotional, psychological and financial

It's anything that gives the abuser

control over their partner; eroding self-esteem and undermining confidence with threats and intimidation as well as violence.

It's anything that makes them afraid.

People lose their temper. It happens.

Abuse isn't about losing control, it's about taking it.

It's about choosing when and where to abuse; at home,

when the kids are in bed, where the bruises can't be seen. And they don't lose their temper with other people or their children.

Abuse is very much deliberate.

They were drunk. People get violent when they're drunk.

Drink or drugs can be involved in abuse but they aren't the cause.

Many who drink never abuse their partner. Many who abuse are completely sober.

Being 'out of control' on drink or drugs is not an excuse, it's a way of denying responsibility.

It's because they're under a lot of stress.

Yes, abuse can happen at times of stress. But it's not the cause of the abuse. Many people suffer from stress but don't abuse.

Many people who abuse aren't under stress.

They're poor. It's just part of their lives.

Abuse isn't caused by hardship.

Anyone can suffer from abuse and

anyone can abuse. A lawyer or doctor is just as likely to abuse or be abused as a shop assistant or bricklayer. Being poor doesn't cause abuse. Having money doesn't prevent it.

It's between them. It's nobody else's business.

Domestic abuse is against the law. It is a crime.

Domestic abuse is not the same as a domestic argument. Threats, intimidation,

violence and controlling behaviour have no place in a loving, respectful relationship.

Because it happens in private does not mean it is a private matter. It is something for which we all must take responsibility. The people we love are as likely to be the victims of abuse as any other person. Only when we all say that we won't accept abuse, will abuse begin to end.