

## **Domestic Abuse Information Sheet**

This document only serves only as a quick guide and can be found in a few different languages on our website. Please contact our offices for further information on how we can support you.

### **Are you experiencing Domestic Abuse?**

- Are you afraid of your partner or family member?
- Do you change your behaviours because you are afraid of their reactions?
  - Are they jealous and possessive?
- Do you feel like you are walking on eggshells?
  - Do you feel controlled or isolated?



**Flintshire: 01244 830 436**

**Wrexham: 01978 310 203**

**Denbighshire: 01745 337 104**

**Colwyn: 01492 534 705**

Anyone who is forced to change their behaviour because they are frightened of their partner, ex-partner or family members' reaction is experiencing abuse.

Domestic abuse can happen to anyone, regardless of age, background, gender, sexuality, religion, or ethnicity. Domestic abuse is never the fault of the person who is experiencing it. Domestic abuse is a crime.

You are not alone. DASU North Wales is here to provide the help and support you need.

We can help with helping you to explore and understand all of the options available to you, including help to find a refuge/safe house or other suitable accommodation for you and your children and supporting you to re-gain your independence and recover from the abuse.

We have access to language line which has a range of interpreters that will help us communicate with people who speak other languages such as Polish, Portuguese, Arabic, Hindu, Urdu, and many more languages.

### **I am planning to leave my abuser**

If you have decided to leave your abuser, it is important that you access specialist support. Leaving an abusive relationship can be dangerous. They may become more abusive to try and regain control over you. It is very important that they don't find out you are considering leaving.

You can call us or the Live Fear Free Helpline in confidence, 24-hours a day, on 0808 8010 800. We won't tell you what to do, but we can support you to understand your options and help you make a safe plan. In an emergency situation, always call 999.

In addition to getting support, you might want to consider:

**Creating an emergency bag:** If it is safe to do so without your abuser noticing, keep a bag with some cash, important documents (including birth certificates, marriage certificates, tenancy/mortgage documents, ID documents, National Insurance Number, driving licence, etc), a set of keys, some clothes, any medication or prescriptions, phone charger and emergency numbers. This could be kept safe with a trusted neighbour or at a friend's house so you can leave in a hurry and still have your essentials.

**Making a plan:** Think about the abusers' routines and choose a safe time to leave your home. Consider where they will be, and plan a safe route – for example, you might want to avoid using a local taxi service in a small town, in case the driver tells your partner where you have gone.

**Arranging a place to stay:** This might be the home of a trusted friend or family member, but make sure your abuser doesn't know the location. Alternatively, you might want to go into a refuge. As a person fleeing domestic abuse, you can seek housing advice from any local authority even if you do not live in the local area.

**Considering the ways they might track you:** It is important to think about all the ways the abuser might be able to find out where you are. For example, if you think the abuser might have access to your phone or messages, you could use a friend's phone to make arrangements to leave or buy a cheap 'burner phone'. Similarly, you may need to delete any searches related to looking for support on your internet history. You should also turn off any geo-location settings on your phone.