

WHAT IS DOMESTIC ABUSE?

Domestic abuse is any kind of threatening behaviour, violence, or abuse between people who are, or have been in an intimate relationship. You can also experience domestic abuse from members of your family. This includes abuse relating to your gender identity or sexuality, forced marriage and so-called honour based violence.

Domestic abuse can take many forms. Does your partner, ex-partner, or a family member:

- Call you names, threaten to 'out' you, or use put-downs?
- Use your gender or sexuality as a basis for threats or harm?
- Threaten to harm you or others that you love?
- Control your access to money or damage your property?
- Make unwanted sexual advances or force you to have sex with them or other people?
- Hit, shove, grab, kick, throw things, or use other forms of physical violence against you?
- Control your contact with friends, family, work or social life?
- Threaten to harm you or themselves if you leave or seek help?

HOW DO I GET HELP WITH DOMESTIC ABUSE?

Experiencing domestic abuse can affect your life in lots of different ways. You don't have to face it on your own.

The **LGBT DOMESTIC ABUSE PARTNERSHIP (DAP)** is a group of LGBT organisations who work together to give help and support to LGBT people experiencing domestic abuse. We can help you with some of the following:

- A safe space to talk about your experiences
- Advice about keeping yourself safe
- Advice about healthy relationships
- Help and advice with housing
- Access to free counselling
- Help you talk to the police
- Support you to go to court or to get legal advice

If you would like help or advice from the DAP you can reach us through any of the organisations overleaf. It's best to check their websites for opening hours.

You only need to call one of the organisations listed overleaf to receive assistance. If you decide you'd like help from the DAP we can put you in contact with the organisation(s) best able to assist you.

LGBT DOMESTIC ABUSE PARTNERSHIP