

- forced to watch pornography?
- being kept without money?

Are you experiencing domestic abuse?

Sometimes it's difficult to know...

- Does your partner threaten you & your children?
- Are you & your children often frightened by your partner?
- Are you constantly degraded & picked on?
- Are you not allowed to have contact with friends & family?
- Does your partner constantly check where you have been, how much you spend, who you speak to?

Domestic abuse covers a range of behaviours including physical, emotional, sexual and financial abuse, within all types of relationships. Abuse can be carried out by men against women, women against men, within same sex relationships and by family members. It can affect anyone no matter what their social group, age, ability, ethnic origin, or sexuality. It can be from a present or ex-partner.

Salford Multi-Agency Domestic Abuse Project is made up of agencies in Salford which want to stop victims being abused. By raising awareness, developing policies and procedures, good practice and training staff, we hope to work towards ensuring that victims and their children are protected and that perpetrators are held accountable for their behaviour.

Domestic abuse can have devastating effects on the well-being and development of children who have to live with it.

What can I do?

If you are being abused it is useful to talk to someone about what has happened, even if you do not want to do anything about it. Often it is helpful to speak to someone and get some support for yourself. Getting someone to record the incidents will help you in the future if you do decide to take action.

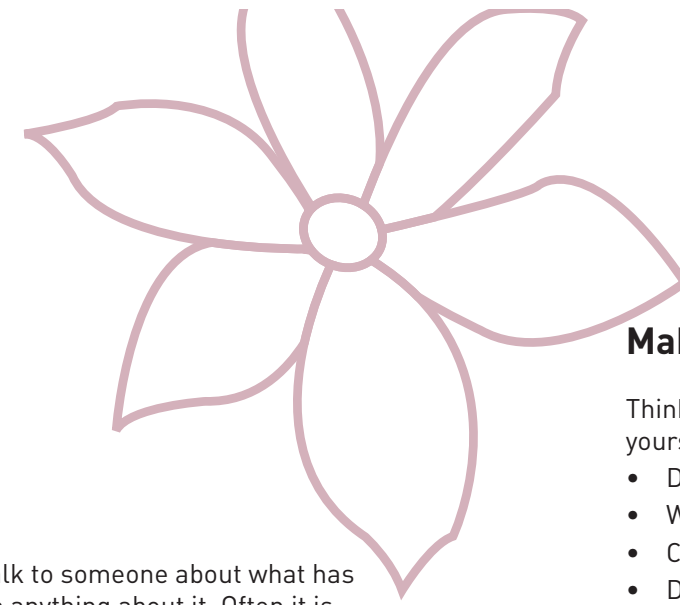
Who should I tell?

Remember that **telling** someone doesn't mean you have to do anything. There are places to go where you can just talk in confidence (see 'Useful Contacts' overleaf). It is important to protect yourself by 'documenting' your experience of abuse. Most agency workers will document what has happened if you request it.

What if I just want to leave?

The local authority acknowledges that domestic abuse may create a priority housing need. If necessary, you may be able to seek Refuge accommodation, be re-housed, or move to private rented accommodation. You should contact the Housing Advice & Support Service or the Homelessness Persons Unit.

- made to feel stupid?
- constantly blamed?
- having benefits taken from you?
- having to account for everything you spend?
- humiliated?
- indecent calls?
- kept away from family & friends?
- constantly put down?
- insulted?



Make Yourself A Safety Plan!

Think about your safety and ways that you can protect yourself and your children.

- Do you have access to a phone?
- Would a neighbour phone for you?
- Could you ask someone to phone for you if they hear anything?
- Do your children know how to phone 999?
- Do support agencies have a mobile or current contact number so that they can reach you?

If you had to leave your home in an emergency or could not return, do you have...

1. A safe place to stay
2. Money for taxis or buses stashed in a secret place
3. A bag with essential clothes (hidden or kept at a friend's house)
4. Important papers (Child Benefit book, passports, birth certificates, bank books, injunction/legal documentation)
5. Phone numbers of friends, family, emergency social services and support helplines.
6. Any medicines
7. Keys
8. Address Book
9. Yours and children's sentimental items

Can you keep these things hidden at a friend's or relative's? Don't forget to let support agencies know where you are!

	Tell someone what is happening
	Get your injuries documented
	Do yourself a safety plan
	Have your things ready!

HADDI AAD TAHAY QOF LOOGAYSTAY KHIHRADNA ULEH
XADGUDUB XAGA GURIGA XIDHIIDH: 0161-736 0737/0808 2000 247

Nëse jeni duke përjetuar abuzim në shtëpi telefononi në: 0161-736 0737/0808 2000 247

Si vous subissez de la violence domestique, veuillez appeler le: 0161-736 0737/0808 2000 247

আপনি যদি পারিবারিক জীবনে নির্যাতনের শিকার হন
টেলিফোন করুন-- ০১৬১ ৭৩৬ ০৭৩৭ /0808 2000 247

如果你遭受到家庭虐待，可致電
0161 736 0737/0808 2000 247

إذا تعرضتم لأي عنف منزلي يرجى الاتصال على الرقم
0161 736 0737/0808 2000 247

ਜੇ ਤੁਸੀਂ ਅਣਚੁੱਕੇ ਘਰ-ਵਿਛੁੱਟਾਰ ਦਾ ਸਾਹਮਣਾ ਕਰ ਰਹੇ ਹੋ ਤਿਸ ਨੰਬਰ ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ: 0161 736 0737 /0808 2000 247

نه گه ر روويه پرووی به کارهینان و چه وساننده وه ی ناوخوی بوویته وه تکلیه په یوه ندی
بکه به م ژماره ته لیفونه وه ۰۷۳۷ ۳۶ ۰۷۳۷ 0161 736 0737/0808 2000 247

اگر آپ گھریلو بدسلوکی کا شکار ہو رہے ہیں تو 0161 736 0737/0808 2000 247 پر ٹیلی فون کریں

0161 736 0737 /0808 2000 247 چنانچه خشونت و بدرفتاری درون خانواده متوجه شما است، با شماره تلفن

تماس بگیرد.

