



South West Herts Partnership

Advice:

Domestic Abuse



INTRODUCTION

As a service we are passionate about supporting victims of domestic abuse. We are able to support and signpost families who have suffered . We will be a warm, non-judgemental ear. As a supporter organisation of White Ribbon and will take any abuse, in any of its guises, seriously.



TOP TIPS/TOOLS

If you are in immediate danger

- ◆ Ensure your immediate safety first—if you are in danger call 999
- ◆ Find a safe place—a trusted friend or family members
- ◆

If you not at immediate risk/not ready to leave

- ◆ Create a safety plan, - pack an emergency bag with documents such as ID, passports, birth certs, bank cards, medication etc.
- ◆ Memorise important numbers
- ◆ Get advice from one of the services listed
- ◆ Keep evidence—injuries, communication logs, diaries
- ◆ Use a code word and share it with someone trusted that you can use in the event of being unsafe
- ◆ Recognise escalation and trigger points
- ◆ Delete browser history



IMPORTANT FACTS

- 👉 You are NOT to blame—abuse is never your fault
- 👉 Talk to a specialist
- 👉 Connect with support groups
- 👉 Look after yourself and be kind to yourself



SIGNPOSTING LINKS

There are many services, both locally and nationally who are able to support victims . Below are some of the services we work alongside and refer to:

- ◆ Watford Women's Centre—01923 816 229
- ◆ Beacon—0300011555
- ◆ Whose In Charge—this is for parents suffering controlling or physical abuse at the hands of their children (please ask your allocated Family support worker or look at www.southwesthertspartnership.org or @swhp_family support service for up to date info)
- ◆ National domestic abuse helpline—08082000247
- ◆ Herts Domestic Abuse Helpline—08088088088
- ◆ Men's advice line, for male victims—08088010327
- ◆ CAB (for generalised housing/financial/ signposting support) - citizensadvice.org.uk
- ◆ Galop—support for LGBT+ people—08009995248
- ◆ Albert Kennedy Trust—support for LGBT+ people 02078316562
- ◆ Childline- 08001111
- ◆ NSPCC- <https://www.nspcc.org.uk/>
- ◆ Refuge Hertfordshire IDVA service—300 790 6772

Please note opening times for helplines may vary.



<https://www.southwesthertspartnership.org.uk/>



[swhp_familysupportservice](#)

