

# Is your partner or someone in your family treating you badly?

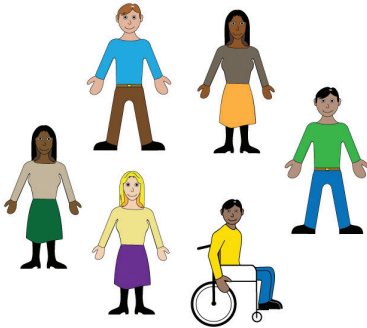




## What is domestic abuse?

Domestic Abuse is when your partner, ex partner or a family member treats you badly. It could be that they hit you or hurt you in another way.

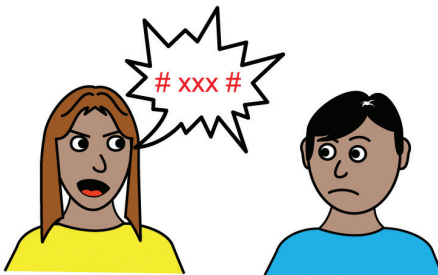
**about everybody**



Domestic abuse can happen to men and women.

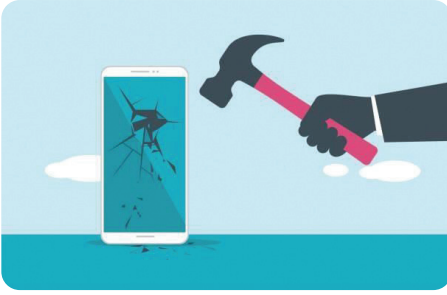
Domestic abuse can happen to people who are 'straight' or people who identify as gay, lesbian, bisexual or transgender.

**call you names**



Or they might stop you doing things like seeing friends.

It might be that they say horrible things to you or threaten you.



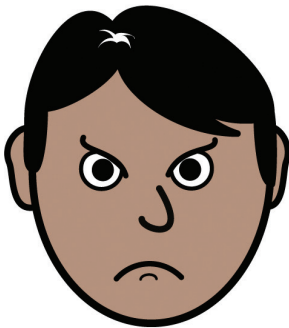
They could break your things to upset you. This could be a mobile phone or other things that you need or like.

## money



They might steal money or benefits from you or buy things for themselves with your money.

## angry



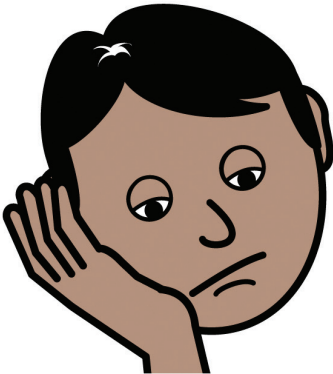
You should always feel safe. Nobody should make you feel scared.

## mobile phone



Sexual abuse means when a person makes you do sexual activities that you do not want to do. This can include taking sexual pictures or filming you without your agreement, or threatening to share the photos or film with other people.

## feeling low



## How domestic abuse can make you feel

You might feel:

- Frightened
- Embarrassed
- Confused
- Worried about what will happen if you tell someone

## worried



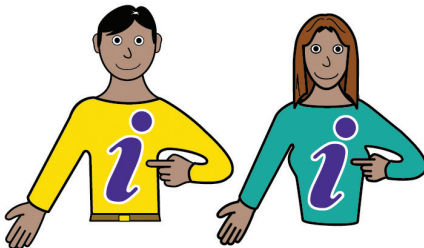
You might think it's your fault, or they might tell you it is your fault

– **this is not true.**

**Domestic abuse and sexual abuse is wrong.**



## information about me



## People who can help you

In an emergency or if you are in danger you can call **999**.

You can call the non-emergency number **101** or you can ask someone you trust to do this for you if you are scared to talk to the police.

If you do not want to contact the police you can still get help.

If you live in Cambridgeshire or Peterborough, you can call the Domestic Abuse Support Service on

**0300 373 1073**

or you can email them at [DASSReferrals@impakt.org.uk](mailto:DASSReferrals@impakt.org.uk)

You can also speak to your social worker, your doctor or someone else that you trust.

## What happens next?

You will need to give some information about yourself such as your name and address and date of birth. You will need to explain what has been happening.



## **social worker**



An **Independent Domestic Violence Advisor (IDVA)** or a **Domestic Abuse Support Worker** might support you.

They can help you to make plans to stay safe. They can talk to other organisations on your behalf like Housing or Social Workers.

**Remember, you are not alone.**

You do not have to deal with this by yourself.

You might be able to get support called Adult Safeguarding.

You can speak to your social worker or another professional about this.

You can also report abuse by ringing the telephone numbers below:

0345 045 5202 if you live in Cambridgeshire

01733 747474 If you live in Peterborough

# Other people who can help you

## **Refuge**

Freephone National Domestic Abuse Helpline

**0808 2000 247**

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

## **Women's Aid**

[www.womensaid.org.uk](http://www.womensaid.org.uk)

## **Karma Nirvana**

For honour-based abuse and forced marriage

**0800 5999 247**

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

## **IMKAAN**

For Black and 'Minoritised Ethnic' (BME) women

[www.imkaan.org.uk/get-help](http://www.imkaan.org.uk/get-help)

## **GALOP**

For LGBTQ+ people

**0800 999 5428**

<https://galop.org.uk/>

## **Hourglass**

For older people

**0808 808 8141**

[www.wearehourglass.org](http://www.wearehourglass.org)

## **Cambridgeshire & Peterborough Victim and Witness Hub**

Support for any victim or witness of crime

**0800 781 6818**

[www.cambsvictimservices.co.uk](http://www.cambsvictimservices.co.uk)

## **Cambridge and Peterborough Rape Crisis Partnership (CAPRCP)**

Support for survivors of sexual violence

**01223 245888**

<https://caprcp.org.uk>



## Acknowledgements

With thanks to Clare's Law Experiences Project and  
Leeds and York Partnership NHS Foundation Trust.

Link to the project website and video about Clare's Law:

[clareslawexperiencesproject.com](https://clareslawexperiencesproject.com)



**Cambridgeshire  
& Peterborough**  
Domestic Abuse & Sexual  
Violence Partnership