

# GETTING SUPPORT SAFELY

Contacting a domestic abuse service for the first time can be daunting. If you are not ready to pick up the phone yet, there are some practical steps we recommend in the meantime:

- Consider making a Clare's Law application to check if your abuser has a previous record of abuse or violence. Visit [www.police.uk](http://www.police.uk) for more information.
- Plan escape routes out of your home and other locations.
- Keep your mobile phone charged and with you at all times.
- Have an emergency bag (with a change of clothes, essential medications and copies of key documents and keys etc.) somewhere safe outside your home.
- Familiarise yourself with how to use Silent Solutions options on 999 calls.
- Download a personal safety app like Hollie Guard or Bright Sky.
- Set up a code word with friends and relatives to signal you need help.
- Visit our website at [gdass.org.uk](http://gdass.org.uk) for more information, advice and guidance.

## CONTACT US

Helpdesk: 01452 726 570

Email: [support@gdass.org.uk](mailto:support@gdass.org.uk)

Opening hours:

Monday to Friday, 9am – 5pm

For out-of-hours support, contact the National Domestic Abuse Helpline on 0808 2000 247.

In an emergency, always call 999.

For more  
information visit  
[www.gdass.org.uk](http://www.gdass.org.uk)  
or scan the QR code



# GDASS

## SUPPORTING VICTIMS OF DOMESTIC ABUSE

# GDASS

## SUPPORTING VICTIMS OF DOMESTIC ABUSE



Free, confidential support  
for anyone experiencing  
domestic abuse

# WHAT IS DOMESTIC ABUSE?

Domestic abuse isn't just physical violence. It can include:

- Controlling, coercive, or threatening behaviour
- Emotional or psychological abuse
- Financial or economic control
- Sexual abuse or pressure
- Physical harm or intimidation
- Harassment or stalking
- Online or digital abuse
- Honour-based abuse

It can happen to anyone, regardless of gender, age, background, or sexuality.

Domestic abuse doesn't just happen in intimate relationships - abusers can be ex-partners or relatives.

## RECOGNISING THE SIGNS

Recognising the signs of domestic abuse can be difficult.

Are they very jealous or possessive?

Are they nice one minute and abusive the next?

Do they try to control what you wear, where you go and who you see?

Do you feel like you have to be very careful about what you say or do, so they don't get angry?

Do they make you dependent on them for everyday things?

Do they constantly put you down or criticise you?

Do they monitor or track your movements or communication?

Do they use anger or intimidation to control you through fear?

If you have answered yes to any of these questions, you may be experiencing domestic abuse.

## HOW GDASS CAN HELP

GDASS offer a range of support options to suit your needs. We can work with you 1:1 or as part of a group, at times that are safe for you.

We can:

- ✓ Assess the level of risk to you and your children.
- ✓ Give general safety advice to keep you safe at home, at work and in public.
- ✓ Help you create your personal safety plan so you know what to do in an emergency.
- ✓ Discuss your options, so you can make decisions about your future.
- ✓ Provide emotional and practical support over the phone or in-person
- ✓ Group support to help you understand your experience and begin your recovery journey