

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 for more information.
- ♦ Think safety: plan escape routes out of your home and other locations; keep your mobile 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.) in a safe, accessible place outside your home.
- ♦ Familiarise yourself with how to use the Silent Solutions option on 999 calls.
- ♦ Download a personal safety app like Hollie Guard or Bright Sky.
- ♦ Set up a code word with friends and relatives that you can use to signal you need help.
- ♦ Visit our website at gdass.org.uk for more information, advice and guidance. Use a work, public library or friend's device to do this if your personal devices might be monitored by your abuser.

FOR MORE HELP, CALL GDASS ON
01452 726570

YOU ARE NOT ALONE.

If you are concerned about your situation, or someone else's, contact **GDASS** for expert advice and support.

GDASS SUPPORTING VICTIMS
OF DOMESTIC ABUSE

☎ 01452 726570
✉ support@gdass.org.uk
🌐 gdass.org.uk

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IT HAPPENS HERE TOO...

Domestic abuse is just as common in rural areas as in cities, but people often don't recognise the signs.



IS A PARTNER, EX OR FAMILY MEMBER:

- ♦ Constantly calling or messaging you?
- ♦ Demanding you respond instantly?
- ♦ Monitoring your calls, emails and social media?
- ♦ Controlling who you socialise with or talk to?
- ♦ Isolating you from your family and friends?
- ♦ Preventing you attending appointments or work, or insisting on coming with you?
- ♦ Calling you names, constantly criticizing you, humiliating or making fun of you?
- ♦ Making you feel worthless?
- ♦ Calling you mad or crazy?
- ♦ Telling you everything is your fault?
- ♦ Controlling your access to essentials like food, medication or personal hygiene products?
- ♦ Taking or controlling your money or possessions?
- ♦ Locking you in a building or vehicle or preventing you leaving a room?
- ♦ Pressuring or forcing you into sexual activity, drug or alcohol use?
- ♦ Sending or threatening to send intimate images of you?
- ♦ Insisting on rough sex?
- ♦ Pulling or cutting your hair?
- ♦ Physically assaulting you, including spitting and pinching?
- ♦ Restricting your breathing in any way?
- ♦ Threatening to take your children, or have your children removed?
- ♦ Threatening to harm you, your children or your pets?
- ♦ Threatening suicide to make you feel guilty or to stop you leaving?

THESE BEHAVIOURS ARE FORMS OF DOMESTIC ABUSE

If you are experiencing them, contact **GDASS** for information about your options and practical help, including support to leave safely if that is what you want to do.

Our support services include:

- ♦ Highly trained support workers whose priority is your safety and well-being.
- ♦ Tailored support packages.
- ♦ Links to refuges across the UK, Places of Safety properties in Gloucestershire, and emergency housing.
- ♦ Recovery groups for survivors, where you can get the support of others who have experienced domestic abuse, as well as compassionate, expert help to understand your experience and move forward with your life.

