

Where to get help

East Sussex Independent Domestic Violence Advisor (IDVA) service

The IDVA service, run by CRI (Crime Reduction Initiatives), can give you support if you are living with domestic abuse. An advisor will work with you to improve your safety and discuss with you the best possible action to reduce the risk of continued abuse or further violence. This may include supporting you to get help from other services and seeking legal remedies.

Call the IDVA service on 0844 2250657

www.cri.org.uk/domesticabuse_eastsussex

Sussex Police

If you or someone else is in danger call 999. You can also tell the police about non emergency domestic abuse on 101.

Refuge

If you want to go to a refuge for a few days or a few months, you can call any of the local services listed above or you can call the freephone National Domestic Violence Helpline 0808 2000 247 run in partnership between Refuge and Women's Aid. A refuge is a safe place to stay and you will get emotional and practical support from trained staff.

www.refuge.org.uk

East Sussex Independent Domestic Violence Advisor (IDVA) service
0844 2250657

24 Hour National Domestic Violence Helpline
0808 2000 247

Men's Advice Line
0808 8010327

For housing advice and support

Your local authority housing service will explain your housing options; this may mean they can increase your safety in your own home or help you to find accommodation or support.

Eastbourne Borough Council – 01323 415302

Hastings Borough Council – 01424 451100

Rother District Council – 01424 787000

Lewes District Council – 01273 484006

Wealden District Council – 01323 443380

Other advice lines

National Domestic Violence Helpline

Call the freephone National Domestic Violence Helpline 0808 2000 247 run in partnership between Refuge and Women's Aid

www.nationaldomesticviolencehelpline.org.uk

Crimestoppers

If you are concerned that someone else is experiencing domestic abuse and you want to give information anonymously you can do so by calling 0800 555 111 or visiting

www.crimestoppers-uk.org

Men's Advice Line

For emotional support and practical advice, including information on how to increase your safety.

Call the Men's Advice Line on 0808 8010327

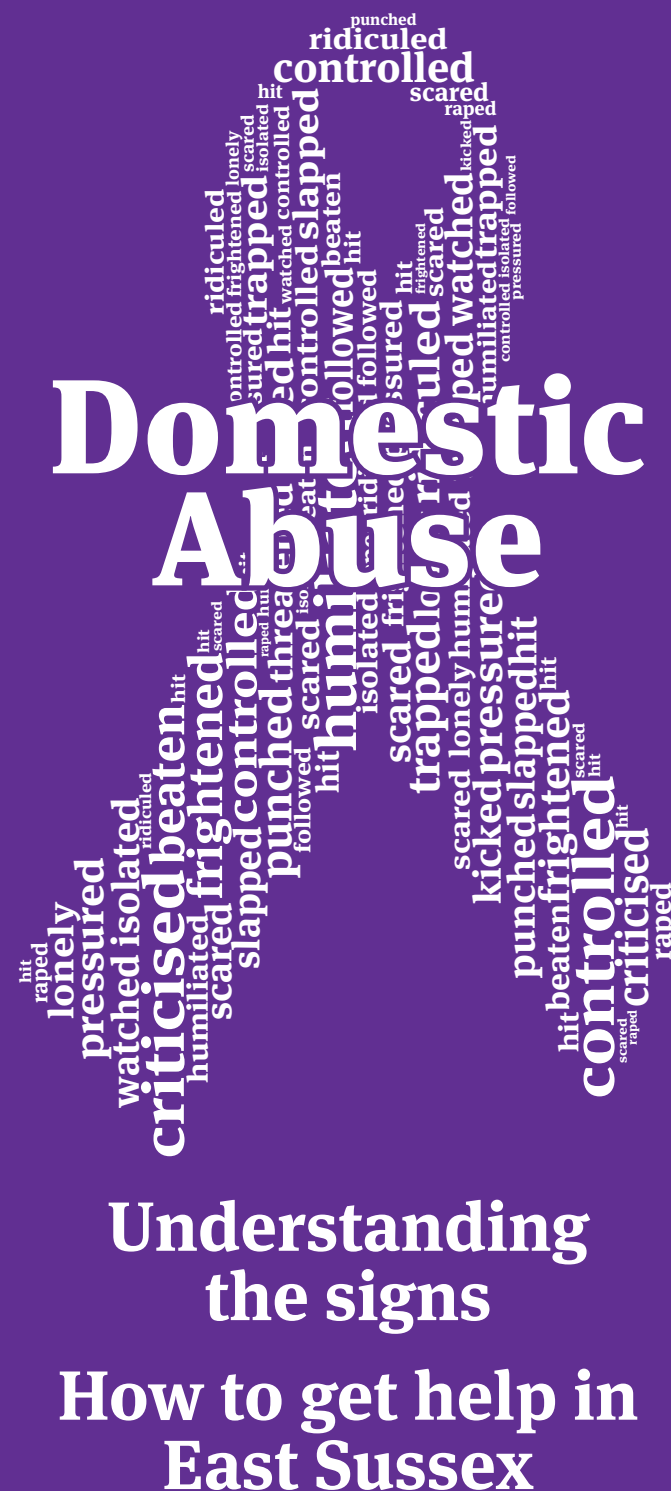
www.mensadvice.org.uk

Broken Rainbow helpline

Confidential support for people experiencing domestic abuse who are lesbian, gay, bisexual or transgender.

Call the Broken Rainbow helpline on 0300 999 5428

www.brokenrainbow.org.uk



Understanding
the signs
How to get help in
East Sussex

Sometimes personal relationships become abusive and hard to deal with, especially when you fear a current or former partner or a family member. There is support out there to help you make choices about what to do and how to stay safe.

Sometimes abusers will increase their violence if they suspect you are thinking of leaving, and will continue to do so after you have left, so this can be a particularly dangerous time for you. It's important to remember that ending the relationship will not necessarily end the abuse.

Arrange a place to go, ideally somewhere that is unknown to your abuser. If friends are reluctant to help you in this way because of concerns for their own safety, there are support organisations and charities that are able to help if you need somewhere to stay at short notice. It's often possible for you and your children to stay at a refuge for a few days, or even months, to allow you time to consider your future.

Remember

- Take threats seriously, and plan how you might respond in different situations.
- Stay in touch and talk to trusted family, friends, co-workers or support networks.

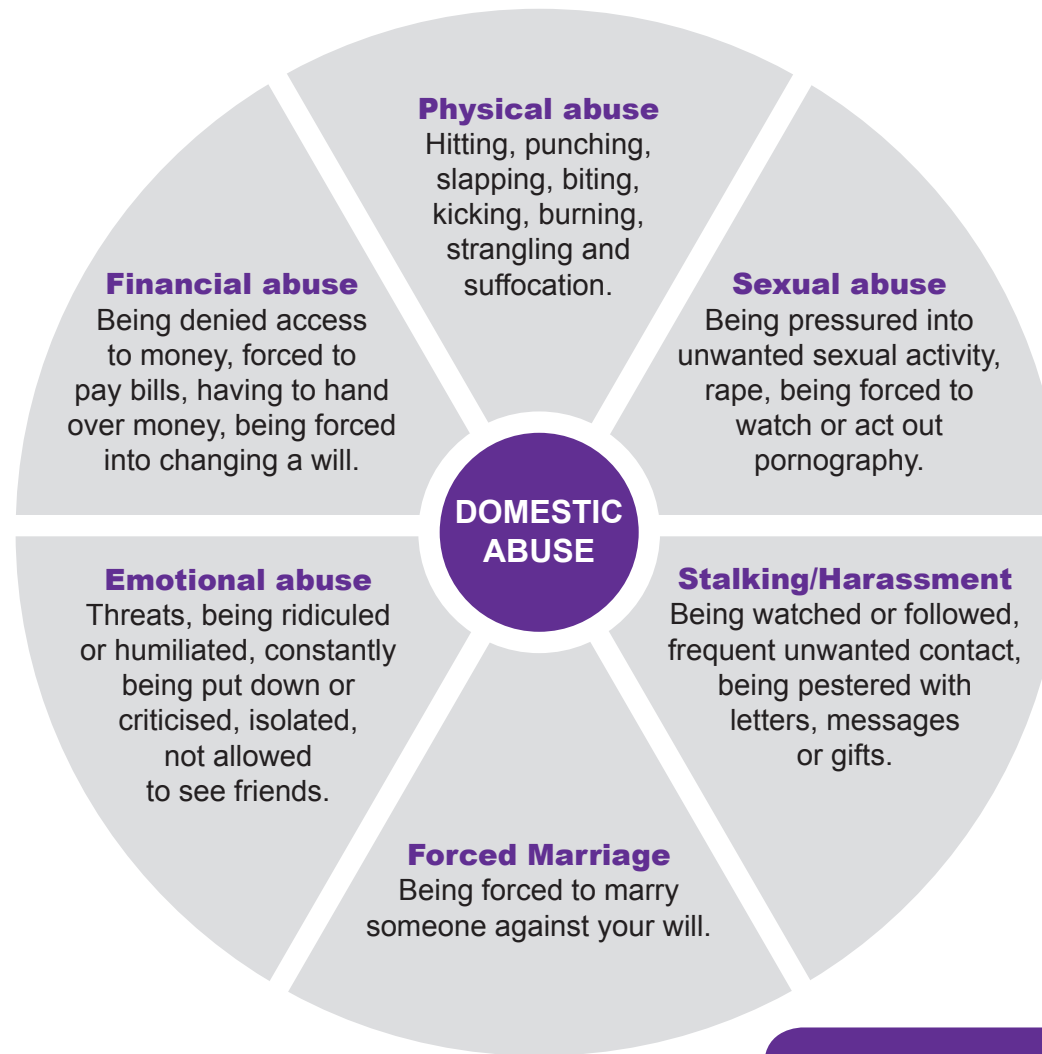
Work out a safety plan to protect yourself

Contact the agencies overleaf for further information and support.

Know where to go in a crisis

- Keep copies or originals of important identification documents, such as: passport, birth certificate, driving licence.
- Try to put aside any spare money and clothes.
- Keep a list of emergency numbers.

Do you recognise any of these behaviours?



Your abuser(s) may use a number of these behaviours to control you.

Domestic abuse can occur between people over the age of 16, who are family members, or that are or have been intimate partners, regardless of ethnicity, gender, sexuality or faith.

If you are in immediate danger call 999 and ask for the police.

Or you can tell the police about non emergencies on 101.