

Domestic abuse

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Information for patients or carers who may be experiencing domestic abuse.

What is domestic abuse?

We describe abuse as 'domestic' if it occurs between those aged over 16 who are family members or who are (or have been) intimate partners.

Abuse happens when someone deliberately causes harm or distress. It can include:

- coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- psychological and/or emotional abuse
- physical or sexual abuse
- financial or economic abuse
- harassment and stalking
- online or digital abuse.

So-called 'honour-based abuse', forced marriage and female genital mutilation are also acts of domestic abuse.

Who experiences domestic abuse?

If it is happening to you, you are not alone. One in four women and one in seven men experience domestic abuse in their lifetime, regardless of age, sex, identity, ethnicity, sexuality, disability, religion, class, lifestyle or income.

Children are always affected by living with domestic abuse, although their response to it will vary. It may show as emotional disturbance, poor school achievement, withdrawal or aggressive behaviour.

Children need to be protected from this abuse. Agencies are there to help.

What can I do about it?

Recognise when you are in an abusive relationship. You have the right to live safely, without being abused. It is not your fault.

How can I get help?

The Royal Devon is committed to safeguarding all adults and children. Staff may ask you whether you feel frightened at home or have experienced any threatening, controlling or harmful behaviours.

If you feel threatened or are in immediate danger you can call 999.

Silent solutions

If you are unable to speak, dial **999** then press **55** when you hear the operator, who will transfer your call to the police.

The **police** will always respond, no matter how many times you call. They have a duty to investigate any complaint you make if your partner, ex-partner or family member is threatening you or your children.

Legal advice

You may be entitled to legal aid and you may be able to get a protection order that could make the abuser stay away from you. You can get free help from the National Centre for Domestic Violence. Call **0800 970 2070** or visit **www.ncdv.org.uk**.

If you would like to talk to someone, call the Devon Domestic Abuse Helpline on 0345 155 1074. The Devon Domestic Abuse Support Service offers support for men, women and children to improve safety and recovery. They also run programmes for perpetrators.

Devon Domestic Abuse Alliance – 08082 816161

Safer Lives - www.savelives.org.uk

Colab – www.colabexeter.org.uk

Olive Project – <https://www.theoliveproject.uk>

Devon Rape Crisis Helpline – 0808 5000 2222

National Domestic Abuse Helpline – 0808 200 0247 for women experiencing domestic violence

National Sexual Violence Helpline – **0808 802 9999** – Open between 12pm - 2.30pm and 7pm – 9.30pm every day of the year.

Men's Advice Line – 0808 801 0327 – for men experiencing domestic violence and abuse

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.



Scan the QR code to visit the Care Opinion website →

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www.royaldevon.nhs.uk

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