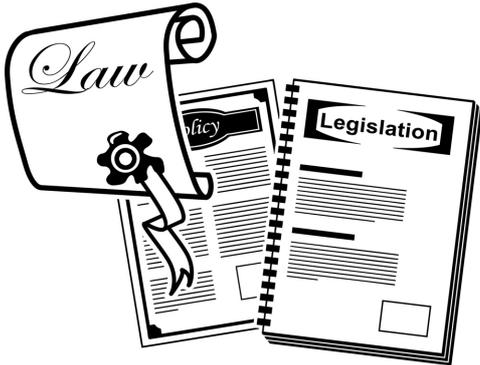


Hillingdon Easy Read Guide to Domestic Abuse



Domestic abuse is against the law. It is always wrong and there is help for you.



Domestic abuse can happen to anyone.



Domestic abuse can be hitting or hurting you.



It can be taking your money, or always telling you what to buy and what to do.

Domestic Abuse



Domestic abuse can be calling you names, or shouting and swearing at you.



It can be forcing you to do things you do not want to do.



Domestic abuse can be making you do sexual things that you do not want to do.



Abusers can be partners or other family members.

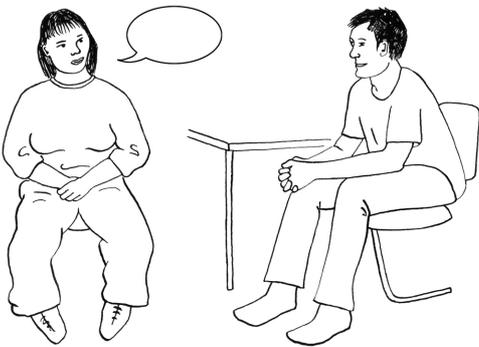
Feelings



Domestic abuse can make you feel sad and scared. It is not your fault.



Seeing or hearing domestic abuse is scary for children.



Domestic abuse is not okay. Tell someone you trust if you are worried.



There are people that can help you and support you to make choices.

Getting Help



In an emergency call 999 and ask for the police.



There are lots of organisations who can give you advice and support. You can find information on the Hillingdon Domestic Abuse website:

www.hillingdon.gov.uk/abuse



You can ask to speak to Ani at the chemist, staff know how to support you and get you help.



If you are worried about your own behaviour you can get advice from Respect on: 0808 8024040.

Getting Help



If you are worried about a child you can call Hillingdon MASH on: 01895 556633



If you are worried about an adult you can call Hillingdon Adult Social Care on: 01895 556633



You can report an abuser to Crimestoppers without giving your name. You can call them on: 0800 555 111 or use their website: www.crimestoppers-uk.org



Independent Domestic Violence Advocates offer advice and support. Call 07874 620954 or email: hidvas@hillington.gov.uk. You can also call Refuge for free on: 0808 2000 247