

Stopping domestic abuse

What you need to know



Domestic abuse happens to lots of women

- More than **1 in 4 women** experience domestic abuse in their lifetime
- **1 in 12 women** experience abuse in any given year
- In Greater London, an incident is reported to the police on average **every 3½ minutes** – and many more incidents aren't reported



What is domestic abuse?

Abuse can involve violence – but it happens in other ways too. Domestic abuse charity Refuge say that:

Anyone forced to alter their behaviour because they are frightened of their partner's reaction is being abused.

Abuse can be:



Physical



Sexual



Emotional



Psychological



Financial

Stopping domestic abuse

Where you can get help

Police

In an emergency or if you are in danger call **999**

In Redbridge

Redbridge VAWG (Violence Against Women and Girls) service run by Refuge

Free, confidential advice for adults and young people

9am-5pm, Monday-Friday

0800 169 7759

redbridgevawg@refuge.org.uk

Domestic Violence One Stop Shop

10am-12 noon, Fridays

Vine United Reformed Church Hall, Riches Rd, Ilford IG1 1JH

National helplines

Refuge

24 hour national domestic violence Helpline

www.refuge.org.uk

0808 2000 247

Men's Advice Line

Advice for men experiencing abuse

9am-5pm, Monday-Friday

0808 801 0327

info@mensadvice.org.uk

www.mensadvice.org.uk

KarmaNirvana

Support for victims of honour-based violence or forced marriages

9am-9pm weekdays

10am-4pm weekends

0800 599 9247

www.karmanirvana.org.uk

