

Responding to Domestic Abuse – Easy to Read Version

What is Domestic Abuse?

Domestic abuse happens when one person hurts or controls another person they are in a relationship with or live with. This can include:

- Hitting, kicking, or hurting someone
- Calling someone mean names or making them feel bad
- Stopping someone from seeing their friends or family
- Controlling their money
- Threatening or scaring someone
- Hurting or scaring children or pets

Who Can Be Affected?

Domestic abuse can happen to anyone, no matter their age, gender, or background. It can happen in different types of relationships, including:

- Husbands, wives, or partners
- Family members
- People who live together

How We Can Help

We want everyone to feel safe in their home. If you are experiencing domestic abuse, we can:

- Listen to you and believe you
- Give you advice on where to get help
- Help you find a safe place to stay if needed
- Support you to get legal advice

How to Get Help If you are in danger, call **999** for emergency help. If you need support, you can contact:

- **National Domestic Abuse Helpline** – 0808 2000 247 (free and open 24/7)
- **Men's Advice Line** – 0808 801 0327
- **Scotland's Domestic Abuse and Forced Marriage Helpline** – 0800 027 1234

If you live in one of our homes and need help, you can also talk to us. We will keep what you tell us private and help you find support.

Our Promise We take domestic abuse seriously. We will:

- Listen to you and respect your wishes
- Keep what you tell us private unless someone is in danger
- Work with other organisations to help you
- Not let an abuser use our housing services to control you

You are not alone. Help is available.