

# DOMESTIC ABUSE

This leaflet tells you more about domestic abuse and where you can seek help and advice.

## What is domestic abuse?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour including sexual violence.

Domestic abuse can include, but is not limited to the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use of threats of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical and/or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse

## Is domestic abuse a crime?

Many types of domestic abuse are criminal offences and the Police can arrest, caution or charge the perpetrator. Most Police stations have Domestic Violence Units or Community Safety Units with specially trained officers to deal with domestic violence and abuse.

## In an emergency

You can call the police if someone in your household has been physically violent, has threatened you or you are worried that they may become violent. **Call 999** if you are in immediate danger or you can contact your local police station to report a crime.

## If you contact us about domestic abuse

If you, (or someone you know) are experiencing domestic abuse, please contact your Housing Officer. You do not need an appointment to come to our offices, we can meet you at an alternative local venue.

We can give you advice on:

- Housing options
- Security measures
- Involving the Police
- What further help and support is available.

Alternatively, you can call the **National Domestic Abuse helpline** on 0808 2000 247

## How we can help you

We will:

- Give you information and direct you to specialist organisations who can help
- Give you advice on emergency accommodation
- Give you tenancy advice
- Work with the Local Authority homeless department.
- Keep all cases of domestic abuse confidential
- Be non-judgemental and respect your decisions.

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## More information

You can get more advice and information from the following:

- The 24-hour National Domestic Abuse helpline on Freephone 0808 2000 247
- Victim Support on 08 08 16 89 111
- [www.refuge.org.uk](http://www.refuge.org.uk)
- [www.womensaid.org.uk](http://www.womensaid.org.uk)
- [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**Remember, domestic violence is a crime.**

Always phone **999** in an emergency.

If you want to talk to your Housing Officer, please contact us on 01689 889700. Even if your Housing Officer is not available, you can talk to someone else.

## Hard to read?

If you would like this document in another format, such as large print or a coloured background, or if you would like any of our leaflets translated into another language, please contact our office.

**Address:** Keniston Housing Association  
13 Artington Close, Farnborough, Kent BR6 7UL

**Phone:** 01689 889700

**Email:** [enquiries@kenistonha.co.uk](mailto:enquiries@kenistonha.co.uk)



**women's aid**  
until women & children are safe

