

Safe@HavenHigh

Are You Worried Someone You Know Might Be a Victim of Domestic Abuse?

Domestic abuse can happen to anyone, of any age and from any background.
In the UK one in four women and one in six men will experience domestic abuse during their lifetime.

What to Say

It is common to feel like you don't know enough to respond well, but simply listening and offering emotional and practical support is helpful.

If you are worried about a family member, friend of colleague, convey your concern and ask if everything is okay. Gently ask about things you have noticed. It is ok to say "you seem a bit down, I'm worried about you".

Safety Planning

Deciding to end an abusive relationship can be extremely difficult and it may take time to work out how to do this safely.

Ideally, ending an abusive relationship is done in a planned way with support in place, however, this is not always the case. In an emergency situation, the Police can assist with helping someone flee to a safe location. Lincolnshire Domestic Abuse Specialist Service can provide expert support to create safety plans to reduce the risk of harm when leaving the relationship.

How to Respond

Listen with a supportive attitude and an open mind. The important things to convey is that they are not to blame for the abuse, that you are concerned and worried about them and that you want to help.

Offer to support them to access Lincolnshire Domestic Abuse Specialist Service (LDASS) on 01522 510041.

Safety Advice To Share

- If safe to do so, pack an emergency bag to hide in a safe place
- Work out a plan for leaving, including who to call, where to go and how to get there
- Agree on a code word so they can alert you if they are in danger and need urgent help
- Advise they keep their phone charged and on them at all times

The Domestic Abuse Disclosure Scheme (Clare's Law)

You can contact the Police to request information about the current or ex-partner of a friend or relative because you're worried they might be at risk.

For urgent support call the National 24 hour Domestic Abuse Helpline: 0808 200 247
If you are concerned they, or their children, are at risk of immediate harm, call the police on 999

Contact the Safeguarding Team at school if you are affected by domestic abuse or have any questions



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