

Bail conditions

Bail conditions are imposed in order to minimise any potential future risk of harm that you may pose as a result of your alleged offending behaviour.

Police Scotland will enforce any Domestic Abuse bail conditions relating to you by carrying out unannounced visits to you. Regular enquiries will also be made to ensure you do not make contact with anyone specifically named in your bail conditions.

How to get help

Have you been violent or abusive? Do you think you have a problem controlling your anger with your partner? If you are an abuser or have abused in the past and recognise that in order to change your behaviour you need help there are services available.

The following organisations may be able to assist you –

Respect

Telephone: 0808 802 4040
Website: www.respect.uk.net
www.mensadviceline.org.uk
Telephone: 0808 801 0327

Breathing Space (Scotland)

Telephone: 0800 83 85 87
Website:
www.breathingspacescotland.co.uk

Samaritans

Telephone: 08457 90 90 90
Website: www.samaritans.org

Alternatives to Violence

Telephone: 07860 770 581
Website: <http://www.avpbritain.org.uk/>

Alcoholics Anonymous

Telephone: 0845 769 7555
Website:
www.alcoholics-anonymous.org.uk

The Scottish Association for Mental Health (SAMH)

Telephone: 0141 530 1000
Website: www.samh.org.uk



POLICE
SCOTLAND
Keeping people safe

Are you an abusive partner?

Domestic Abuse

Domestic Abuse is any form of physical, sexual, mental or emotional abuse, which might amount to criminal conduct and which takes place within the context of a relationship. The relationship will be between partners (married, cohabiting, civil-partnership, or otherwise) or ex-partners. The abuse can be committed in the home or elsewhere.

Domestic Abuse is behaviour that hurts those closest to you – partners, children and other family members. You don't have to physically hurt someone to be abusive – you can hurt them with things you say, the way you behave towards them and the way you try to control them. The damage can be physical, emotional, mental and sexual.

Is this you?

Do you recognise your behaviour here? Do you use any of the following behaviour with your partner?

- Intimidation and fear – By looks, gestures, smashing things, displaying weapons.

- Mental Cruelty – playing mind games, calling names, humiliating, making your partners feel guilty, screaming insults, using obscene language.
- Isolation and controlling – controlling who your partner speaks to or what they do, isolating your partner from family and friends, preventing them using phones and letters.
- Dishonesty, denial and blame – laughing at your partners worries, denying your faults, blaming your partner.
- False regret – crying and apologising for behaviour.
- Financial control – keeping or controlling all the money, stealing money or lying about how you spent it, denying responsibility.
- Violence – hitting, punching, pushing, kicking.
- Sexual abuse – forcing yourself on your partner against their will, pressuring them to have sex, demanding they perform sexual acts which cause them distress.

If you are an abuser

If you are an abuser you should be aware that you will be held accountable for your behaviour. This means:

- If a report is made to the Police officers will conduct a thorough investigation.
- When sufficient evidence has been gathered, you WILL be arrested, regardless of whether the victim wishes to make a complaint or not.
- You will be detained in police custody pending appearance at court on the next lawful day.
- At court, you may be remanded in custody or released on bail conditions which will restrict your activities.
- It is the decision of the Procurator Fiscal to prosecute the case in the public interest. The victim CANNOT have the "charges dropped".