

Think about how you could get out safely

Even if you do not actually plan to leave the home, think about how you could do it and where you could go. Practice ways of getting out by doing things that get you out of the house - taking out the rubbish, walking the dog, going to the shop. Put together a bag of things you use every day and include personal papers such as passports, birth certificates for both yourself and your children, bank statements and National Insurance details. Hide it somewhere safe, easily accessible to you or ask someone you trust if they would keep this for you.

Emergency phone calls

Can you get access to a phone to call the police for help? Calls to 999 are free even if they are from a mobile phone. You should also be aware that the number 112 (the European emergency services number) will also connect you to Police Scotland.

Who can help?

Scottish Women's Aid

Telephone: 0131 226 6606

Website:

www.scottishwomensaid.org.uk

Abused Men in Scotland (AMIS)

Telephone: 0808 800 0024

Website: www.abusedmeninscotland.org

Breathing Space

Telephone: 0800 83 85 87

Website:

www.breathingspacescotland.co.uk

Samaritans

Telephone: 08457 90 90 90

Website: www.samaritans.org

Scottish Association for Mental Health (SAMH)

Telephone: 0141 530 1000

Website: www.samh.org.uk

Scottish Domestic Abuse Helpline

Telephone: 0800 027 1234

Website:

www.scottishdomesticabusehelpline.org.uk

Shelter Scotland

Telephone: 0808 800 4444

Website: <http://scotland.shelter.org.uk/>

Childline

Telephone: 0800 1111

Website: www.childline.org.uk

LGBT Helpline Scotland

Telephone: 0300 123 2523

Website: www.lgbthealth.org.uk



**POLICE
SCOTLAND**

Keeping people safe

Domestic abuse

Help & Support

What Is 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.

If you are experiencing physical, emotional, sexual or financial abuse or are being intimidated or threatened by a current or previous partner, you are being subjected to Domestic Abuse.

You may be feeling frightened, isolated and ashamed. You are not to blame for what is happening to you, it is NOT your fault. Above all, you are not alone and you don't need to suffer in silence. Help is available to you.

Getting Help

In an emergency, call 999 and ask for Police or Ambulance. A Police Officer will attend and speak with you in relation to the incident and investigate the matter thoroughly.

In a non emergency situation, call 101 or alternatively visit the Police Scotland website, report crime portal
www.scotland.police.uk

Domestic Abuse Investigation Units

Police Scotland treats Domestic Abuse as a very high priority and has dedicated Domestic Abuse Investigation Units working all over Scotland.

The officers who work in the Domestic Abuse Investigation Units understand the seriousness of Domestic Abuse and can offer confidential support, information and practical help. They can:

- Provide information about what might happen at court
- Provide information about the Criminal Justice System
- Liaise with other agencies on your behalf
- Provide victim safety measures and advice

What Can You Do?

It is important to recognise the abuse and know that there are people who can help you work through your options. It is difficult to accept that someone you love and care for can treat you badly.

Everyone's situation and circumstances are different; however the need to keep yourself and if you have them, your children, safe is of the utmost importance. Remember it is not your

fault and there are others who can help you. If you have concerns about your safety you should contact the police who will be able to assist.

In addition you may wish to consider some of the following:

Phone numbers

Keep a list ready of important phone numbers (e.g. police, friends, family, helplines) for you and your children.

Tell a Friend or Neighbour

Are there friends or neighbours you could tell about the abuse? Ask them to call the police if they hear angry or violent noises.

Teach children how to get help

If you have children, teach them how to dial 999 to ask for the police. Make up a code word that you can use when you need help.

Safer places in the home

Think about safer places in your home where there are no weapons. If you feel abuse is going to happen, try to get your abuser into one of these safer places.