

Where can I get help if I'm in an abusive relationship?

It's never easy to come to terms with the fact that you may be experiencing domestic violence and abuse. Cumbria has a countywide domestic violence service (Let go) who are available to help and advise, if they can't support you themselves they will be able to signpost you to someone who can.

Letgo Domestic Violence Service

Let go offers non judgemental help and support to victims; whether or not you wish to end the relationship. This includes crisis intervention, advocacy, practical support, housing and safe accommodation. For free confidential information, advice and support please contact Let go.

Cumbria Constabulary

The police primary role is to prevent and detect crime, their overriding concern is to ensure the safety of the victim and to reduce the risk of further violence to anyone who may be present. The police will listen; provide help and immediate assistance if required.

Victim Support

Victim Support provide free and confidential help to victims, witnesses their family, friends and anyone else affected by crime whether it has been reported to the Police or not and whether the crime has happened recently or in the past.

**In an emergency call 999,
Cumbria Police
non emergency 101**

Useful contact information

• Safer Cumbria

A partnership approach to tackling domestic violence / abuse.

[www.cumbria.gov.uk/communitysafety/
domesticviolence](http://www.cumbria.gov.uk/communitysafety/domesticviolence)

• Cumbria Constabulary

In an emergency call 999, non emergency 101.

www.cumbria.police.uk

• Let go Service

Let go north 01228 633640, Let go south 01229 582386

Let go west 01900 842991 / 842992

www.letgo@impacthousing.org.uk

• Victim Support

If you need our help call our Victim Care Unit on 0300 30 31 979; www.victimsupport.org.uk

• Report domestic violence online

You can report domestic violence safely and anonymously online at www.notinmyhome.co.uk

• Third Sector Agencies

There are also statutory and voluntary sector agencies in Cumbria who can provide counselling and therapeutic support. Details are on the website.

• Legal support

You can seek advice from a solicitor or the Citizens Advice Bureau about your legal rights.

03003300650; www.citizensadvice.org.uk

• National helplines

- Womens Aid 24hr helpline: 0808 2000247;

www.womensaid.org.uk

- Childline: 08001111; www.childline.org.net

- Broken Rainbow helpline (LGBT)

08452 604460; www.broken-rainbow.org.uk

• Men's support services

Let go work with male victims of domestic abuse and there is also a national helpline. The Mens Advice Line

08088010327; www.mensadvice.org.uk

• Support for perpetrators

0808 802 4040; www.respect.uk.net

• Churches Together in Cumbria

Christian communities working in partnership to tackle domestic violence.

www.churchestogethercumbria.co.uk.

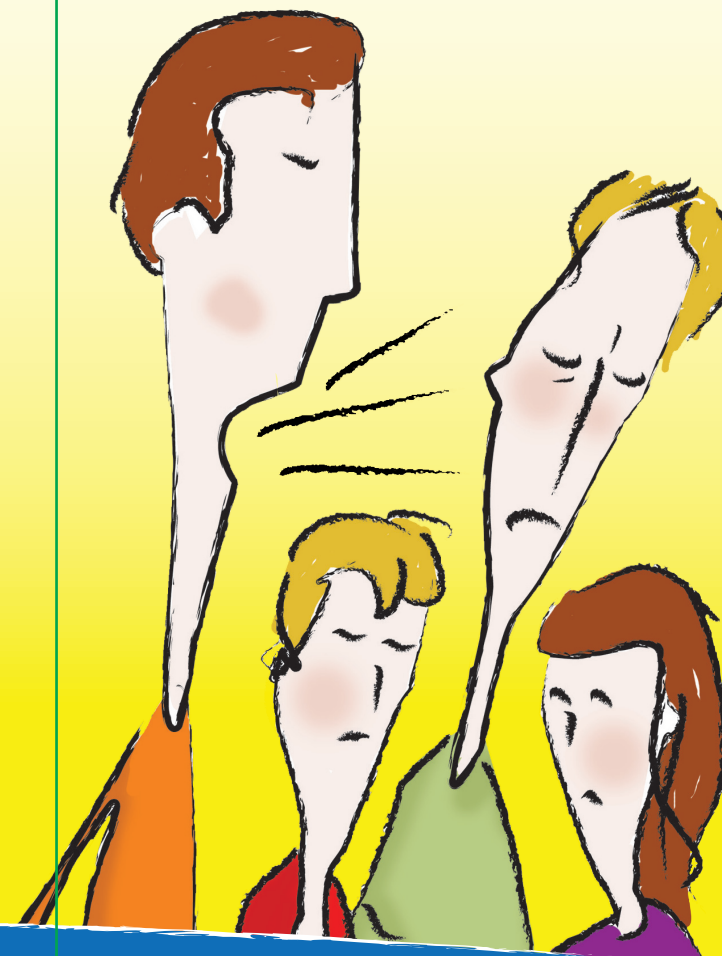
Rev Eleanor Hancock: 01228 527106,

Rosemary Campbell: 07778220810.



**Cumbria Domestic and
Sexual Violence Partnership**
end abuse in our communities

Help and support for victims of domestic violence / abuse



What is domestic violence / abuse?

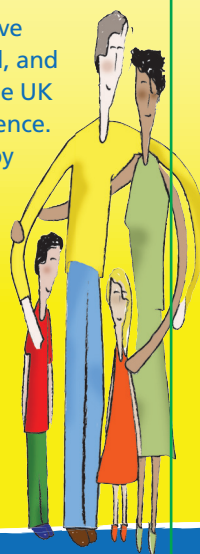
Domestic violence is any incident of threatening behaviour, violence or abuse between adults who are or have been intimate partners or family members, regardless of gender or sexuality. Including so called 'honour based violence', female genital mutilation and forced marriages.

- 1 in 4 women experience domestic violence over their lifetimes and between 6-10% of women suffer domestic violence in a given year. The majority of cases affect women however we also know that domestic violence can affect lesbian, gay, bisexual and transgender community and male victims. It has more repeat victims than any other crime.
- There is one call a minute to the police in the UK and over 500 calls per month to the police in Cumbria, less than 40% of domestic violence incidents are reported.

***Don't suffer in silence,
help is available.***

What about the children?

Almost a quarter of young adults in the UK have witnessed domestic violence in their childhood, and almost 1 in 20 children and young people in the UK have experience severe forms of domestic violence. Children are affected in many different ways by living with domestic violence and abuse. You may be frightened to ask for help because often the abuser will have told you that if you do the children will be taken away. Your children will not be removed for this reason. Agencies have a duty to ensure that children are safe and want to support you, as the non-abusing parent, to protect your family.



What are the signs of domestic violence?

Destructive criticism and verbal abuse: shouting / mocking / accusing / name calling / verbally threatening.

Pressure tactics: threatening to withhold money, disconnect the telephone, take the car away, commit suicide, take the children away, report you to welfare agencies about the children, lying to your friends and family about you.

Disrespect: putting you down in front of other people, interrupting your telephone calls, taking money from your purse without asking, refusing to help with childcare or housework.

Breaking trust: lying to you, withholding information from you, being jealous, having other relationships, breaking promises and shared agreements.

Isolation: monitoring or blocking your telephone calls, telling you where you can and cannot go, preventing you from seeing friends and relatives.

Harassment: following you, checking up on you, opening your mail, repeatedly checking to see who has telephoned you, embarrassing you in public.

Threats: using physical size to intimidate, shouting you down, destroying your possessions, breaking things, punching walls, wielding a knife or a gun, threatening to kill or harm you and the children.

Sexual violence: using force, threats or intimidation to make you perform sexual acts, having sex with you when you don't want to have sex, any degrading treatment based on your sexual orientation.

Physical violence: punching, slapping, hitting, biting, pinching, kicking, pulling hair out, pushing, shoving, burning, strangling.

Denial: saying the abuse doesn't happen, saying you caused the abusive behaviour, crying and begging for forgiveness, saying it will never happen again.