

Kirklees Domestic Abuse Team



Basic steps you can take to help a friend, family member, colleague, neighbour, or someone you know who confides in you that they are experiencing domestic abuse.

How you can help if someone you know is experiencing domestic abuse

Talking to a specialist domestic abuse service can be the best option. They can offer you and the person you are helping a range of advice and support like safety planning, understanding legal rights, access to specialist support and safe accommodation, but make sure this is what the person you are helping chooses.





Here are some basic steps you can take to help someone who confides in you that they are experiencing domestic abuse.

- 1 Give them time to talk at their own pace.
- 2 Listen, try to understand, and remember, hold the perpetrator accountable for the abuse, never blame the victim.
- 3 Explain they are not alone, that domestic abuse happens in all kinds of relationships and there are many people in similar situations
- 4 Acknowledge that it takes time to trust someone enough to talk about their situation.
- 5 Tell them that no one deserves to be abused no matter what the abuser might have said.
- 6 Encourage them to express their feelings and make their own decisions.
- 7 Ask if they need medical treatment because of injury.



- 8 Help them report the abuse to the police if they choose.
- 9 Go with them to see a solicitor if they are ready to take that step.
- 10 Help them find information about services that can provide help and support to explore options.
- 11 Plan safe strategies if they want to leave the abusive relationship or situation.
- 12 Let them decide what steps are safe, or not safe, and don't encourage them to do something they are not comfortable with.

Don't forget to look after yourself

-  **Don't** put yourself into a dangerous situation.
-  **Don't** offer to talk to the abuser.
-  **Don't** offer something you can't or don't want to do.
-  **Always** call the police on 999 if someone is at immediate risk of harm.



24 hour helplines

National Domestic Abuse

0808 2000 247

www.nationaldahelpline.org.uk

Respect

For male victims of domestic abuse

0808 801 0327

Galop LGBT+ Domestic Abuse Helpline

0800 999 5428

Karma Nirvana

Honour based abuse and forced marriage

0800 599 9247

Respect - Choose to Stop

Help for domestic abuse perpetrators

0808 802 4040

In an emergency

Call **999**

if there is a risk of immediate harm.



Kirklees Domestic Abuse Team

Bringing communities together to tackle domestic abuse

 **Kirklees**
COUNCIL