

## USEFUL CONTACT DETAILS

### Local support services

#### Hull

Domestic Abuse  
Partnership (DAP)

☎ 01482 318759

Domestic Abuse Men's  
Service (DAP)

☎ 01482 613978

#### East Riding

Domestic Violent and  
Abuse Partnership (DVAP)

☎ 01482 396368

Confidential Helpline

☎ 01482 396330

#### North Yorkshire

Independent Domestic  
Abuse Services (IDAS)

☎ 03000 110 110

National 24hr Helpline

☎ 0808 200 0247

### Other useful services

Gingerbread (support for single parents)

💻 gingerbread.org.uk

☎ 0808 802 0925

GALOP (LGBT+ anti abuse charity)

💻 galop.org.uk

☎ 0300 999 5428

Respect

(helpline for domestic abuse perpetrators)

💻 www.respect.uk.net

☎ 0808 802 4040

☎ 0808 801 0327 (for men specifically)

East Riding Emotional

Wellbeing Service (IAPT)

💻 humberews.co.uk

Credit Union (financial support)

Hull and East Yorkshire:

💻 hullandeycu.co.uk

North Yorkshire:

💻 www.nycu.org.uk

Hull Let's Talk (IAPT)

💻 letstalkhull.co.uk

North Yorkshire (IAPT)

💻 northyorkshireiapt.co.uk

Samaritans

💻 samaritans.org

☎ 24h support line 116 123



**Humber Teaching**  
NHS Foundation Trust

Are you experiencing  
**Domestic  
Abuse?**

**You don't have  
to suffer alone...  
help and support  
is available**



Caring, Learning  
& Growing Together



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# What is domestic abuse?

Domestic abuse is the misuse of power and the exercise of control. It can take the form of physical, sexual, emotional and economic abuse, and may include isolation, deprivation and humiliation.

## Do you experience any of the following?

- Not allowed to leave the house or spend time with or talk to your friends or family
- Constant criticism, being told that you are worthless
- Fearful that you will do or say something wrong
- Threats to take custody and/or not allow you to see your children
- Not allowed to have access to money or financial matters
- Not allowed to sleep at night.

You have the right to live your life free from abuse and fear. You may feel frightened, ashamed, humiliated, isolated, alone and confused, but remember you are not to blame, and you don't have to put up with it.

## You can take control and change your life.

Remember, there is always someone who can help, the first step is seeking support and talking about it.



# You don't have to suffer in silence

We recognise that domestic abuse is a serious matter. It is not a personal matter and is socially harmful and disruptive.

We acknowledge that it can have an impact on an individual's performance and attendance at work. Any employee who raises the issue with their line manager will do so in the knowledge that they will be supported and listened to.

## If you are experiencing domestic abuse as an employee, we will support you by:

- Providing information on where you can get help
- Listening to you and making joint decisions around how we can assist with making you feel safer whilst at work
- Making possible changes in your working arrangements
- Giving consideration to you taking time off to seek support from other agencies

**We can assist you and offer confidential support and guidance.**

We can provide information on where to go to get specialist advice and support. Or just listen to you in confidence.

**If you are experiencing domestic abuse talk to your line manager.**

