

What does domestic abuse look like?

Domestic abuse can happen to anyone. If it is happening to you or you are affected by it, **it is not your fault.**

Domestic abuse can take many forms including:

Physical - can include hitting, kicking, throwing objects at you, grabbing, scratching, choking/strangling, damaging your things

Sexual - can include asking for sex in return for doing things, demanding sex, rape, making you do things you don't want to do, sharing nude/intimate pictures of you

Financial/economical— can include not giving you access to money or resources, taking loans out in your name, making you work, taking your wages, preventing you from working

Emotional - can include name calling, making threats, accusing you of having affairs, gas lighting you, humiliating you, bad mouthing you to other people

Coercive control - can be difficult to describe and spot but can include a pattern of manipulating you to do things or not do things, making threats, keeping track of where you are, controlling who you can see and/or when you can see them, isolating you from friends/family

Technological - can include spying on you or tracking you with apps/software, sharing private images of you with others or online, checking your emails/texts without your permission

Harassment/stalking - can seem 'nice' but is unwanted such as giving you gifts, contacting you when you've asked them not to, following you, turning up unannounced, making you feel threatened or scared

If you are experiencing any of these things we can help you to get the support you need

Changing Futures Project



Supporting young people and adults who are affected by domestic abuse to access services



1 Massey Street

Hull

HU3 3LA

01482 606077

e:info@hesslerdnetwork.karoo.co.uk

@hesslerdnetwork

www.hesslerdnetwork.org

Lots of people are affected by domestic abuse, either in their own relationship, their parents, friends or someone else they know. It can be difficult to get the help you need to deal with what is happening but help is available and we can support you to access it.

We can support you:

- To access benefits
- To find suitable housing
- To attend appointments/meetings
- To access specialist services
- By offering a listening ear in a safe space
- To stay safe

The support we offer will depend on what you want and need. If you need help to fill in forms, we can do that, if you need to attend an appointment with someone, we could go with you or if you just need to talk over a coffee we can offer that too.

We work closely with specialist domestic abuse services so if you would like to access support from them we can help you to do this.

Please contact us if you would like to access our support

Local support available:

Hull Domestic Abuse Partnership (DAP)

www.hulldap.co.uk

01482 318759

Hull Women's Aid

www.hullwomensaid.org

01482 446099

Preston Road Women's Centre

www.purplehouse.co.uk

01482 790310