

Domestic abuse COVID-19

Are you self- isolating with an abusive person and where to find help



This easy read guide to Domestic Abuse and how to get help.



Inclusion North exists to make inclusion a reality for people with a learning disability, and/or autism, and their families.

We do not offer an abuse support service, but this information will help you find the support/help you need.



The government guidelines state that people must self-isolate and do social distancing.



Inclusion North understand that this can be a huge risk to those who are cared for by or live with an abusive person.



What is **Domestic abuse**?

Domestic abuse is when someone you live with or who comes to your home hurts you.



Lots of different people experience abuse.

Including those with a **learning disability** and or **autism**

Both **men** and **women** can be victims of domestic abuse



Domestic abuse can make you feel:

Scared, worried, confused, upset, anxious and so much more



Abusive people can act **nice** or **friendly** sometimes.

They might say they love and care about you and still hurt you.

This can be very confusing.



Confused

It can be difficult to understand an abusive person.

Especially if you love them.



Domestic abuse is against the law



Are you scared of someone you live with at home or in a care setting?

(a family member, boyfriend or girlfriend, a friend, a carer etc)



Is someone hurting you at home or in a care setting?

(a family member, boyfriend or girlfriend, a friend, a carer etc)



	Examples of Domestic Abuse:
	Sexual assault / rape If your partner or anyone has sex with you when you don't want to, this is rape.
	Hitting / kicking / throwing things
	Strangling
	Not giving you your medication

 A man in a blue polo shirt is shouting with his mouth wide open. A woman in a grey t-shirt is standing next to him, covering her ears with both hands. There are sound waves emanating from the man's mouth.	<p>Shouting</p>
 A person wearing a blue jacket is standing in the foreground, their arm raised to block the view of a woman in a pink jacket who is being escorted by a man in a green hoodie.	<p>Stopping you from seeing your friends & family</p>
 A close-up photograph of a man with a mustache wearing a grey hoodie. He has a distressed or sad expression on his face.	<p>Not letting you leave</p>
 A man in a blue and white patterned sweater is hugging a woman in a red top from behind. The woman is holding a small object, possibly a drink.	<p>Saying sorry to you but hurting you again</p>
 A man in a black t-shirt is standing next to a woman in a red top. He is grabbing her by the shoulder in a way that appears to be aggressive or controlling.	<p>Hurting your children</p>



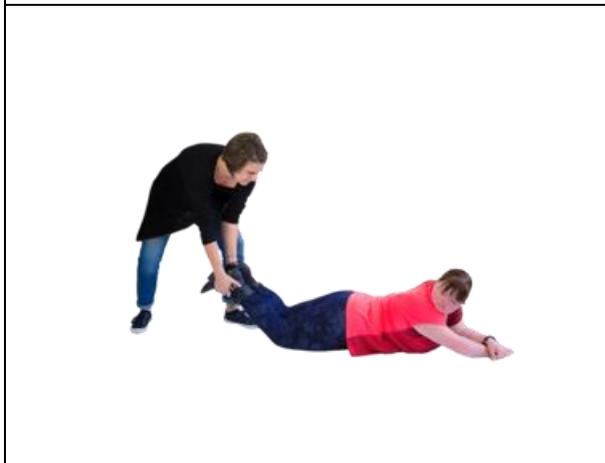
Taking away your money



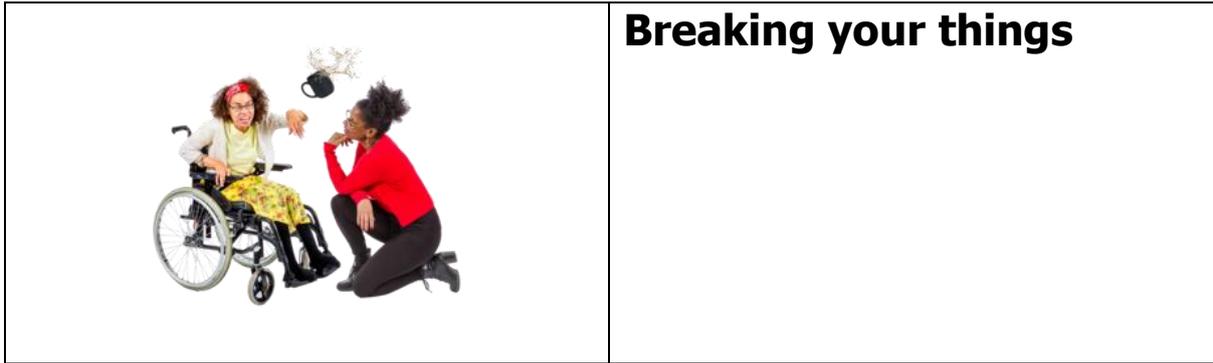
Calling you names / making fun of you



Hurting pets/animals



Making you do things you DO NOT want to do



Breaking your things



If you are experiencing any of the above, you may be a victim of Domestic Abuse.



Safe places

If you feel unsafe because of an abusive person we can help you find a safe place to live. This place is called a refuge.



Refuge

A safe place to stay

Support to recover from abuse

Can I bring my children to the refuge?

Yes



There are lots of services to help and support people who are victims of abuse

Ways to get help:

Police



- visiting a police station
- phoning 101
- speaking to a member of the police on the street

If you believe there is an immediate risk of harm to someone, or it is an emergency, you should always call 999.



women's aid
until women & children are safe



Rape Crisis

www.rapecrisis.org.uk

0808 802 9999 (12:00 -
14:30 and 19:00 - 21:30
daily)

Women's aid

helpline@womensaid.org.uk
www.womensaid.org.uk

Mankind

www.mankind.org.uk

01823 334244

Victim support

08 08 16 89 111

www.victimsupport.org.uk

National Domestic abuse helpline

0808 2000 247

<p>"It's alright to ask for help"</p>  <p>116 123</p>	<p>Samaritans</p> <p>(24/7 service)</p> <p>116 123</p>
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