

#IDidntKnow



WHAT CAN I DO?

WHAT MIGHT YOU SEE, HEAR OR NOTICE?



Reaching out to those impacted by Domestic Abuse

Creating a lifeline for those affected by domestic abuse can be a crucial step in helping them to find a way out of their situation. This could be an opportunity to provide vital information about domestic abuse, such as recognising the signs and signposting them to resources and organisations for support.



DID YOU KNOW?

85% of victims sought help five times on average from professionals in the year before they got effective help to stop the abuse

It is important to recognise that you are not responsible to 'fix this' for someone, as anyone experiencing or perpetrating Domestic Abuse will need a multi-disciplinary approach, no one person can do this alone.

Leaving an abusive relationship can be a difficult and dangerous process. Victims may need access to legal and financial support, as well as counselling and emotional support. By offering a lifeline, we can help guide individuals towards a brighter future and give them the tools they need to break free from the cycle of abuse.

First steps

- 1 Don't jump straight in and presume or imply they are experiencing Domestic Abuse.
- 2 Focus on things you can see, hear & notice in their behaviour that is causing you concern.
- 3 Ask open questions: "Are you ok?" "Do you need anything?" "You seem tired and stressed, is there anything I can do?"
- 4 Maintain regular contact and provide a listening ear.
- 5 Build a trusted relationship using supportive language.



Turn over to find out more



Signposting to information
and services available



Referring directly to
a specific organisation



Provide a listening ear
without judgement

Responding to Disclosures of Domestic Abuse

- If someone opens up to you well done! This is an incredibly brave thing for them to do and you have created a safe space for them to do this.
- Believe them and listen without interruption or judgement.
- Ask if they feel safe or have a safe place to go.
- Signpost to our Support Service Directory via our website. Alternatively, you may wish to seek some advice or guidance for yourself.
- Remember, someone may need support with underlying issues such as mental health problems, substance misuse, debt, unemployment and risk of homelessness which are creating additional barriers to breaking the cycle.
- Look after yourself while you are supporting someone and never put yourself in any dangerous situations.
- If you have a concern over someone's deteriorating mental health or signs of injury, signpost them to their GP, Samaritans on 116 123 or contact NHS 111 for advice and next steps.
- If you become concerned about an imminent threat or risk of significant harm to someone's life call, 999.



**I DIDN'T KNOW I COULD
MAKE A DIFFERENCE**

www.alphavesta.com



Help Alpha Vesta in their mission to 'Break the Cycle' of Domestic Abuse through awareness, prevention and early intervention.