

Domestic Abuse

Help for men



Dumfries &

Galloway

Together is
Better

What is domestic abuse?

Domestic Abuse can be carried out by partners, ex-partners and sometimes by other family members.

Anyone can experience domestic abuse regardless of:

- Age
- Financial status
- Gender or sex
- Social class
- Cultural background
- Sexual orientation
- Faith
- Race
- Marital status
- Where they live
- Any disability they may have
- Nationality

Domestic abuse can be physical, sexual, financial or psychological and it may happen in any kind of relationship e.g. heterosexual (straight), same sex (lesbian, gay, bi-sexual), teenage, adult and senior relationships; people affected can have a range of gender identities (e.g. male, female, transgender, polygender, non-binary, or androgyne).

Domestic abuse affects men too

Men may be reluctant to seek support for issues around domestic abuse and sexual violence. You need not feel ashamed, embarrassed or worried that you won't be believed. All of the organisations listed in this leaflet are willing and able to help.

The help described in this booklet is available to you regardless of your age, nationality, disability, race, gender, gender reassignment, religion or belief, sexual orientation, and whether or not you are married or in a civil partnership, or whether or not you have children.

You also have equal access to all these services if you do not speak English. A telephone translation service is available from each of the agencies listed in this booklet. If you have difficulties with English, you will be put on hold whilst you are connected to an interpreter.

For more information, please go to: www.dumgal.gov.uk/davawp

Domestic abuse

Is this about me?

- Has your partner put you down and/or called you names?
- Has your partner threatened or humiliated you, deprived you of money, or has not allowed you to see your family or friends or has cut your social links?
- Has your partner forced you to be involved in sexual acts you are not comfortable with or raped you?
- Have you changed your behaviour when your partner is around because you are afraid of the consequences if you don't?
- Has your partner ever bit you, hit you with an object or their fist, scratched you, slapped you, pushed or choked you, thrown hard objects at you, or threatened physical violence?
- Has your partner ever destroyed your belongings?
- Has your partner threatened you with never seeing your children again if you leave - because "women always win custody"?

If any of these has happened, you may be living with domestic abuse

How can the Samaritans help?

It can be really difficult to talk about our feelings. It's often easier to keep them to ourselves. If you are in emotional distress, despairing, or feeling suicidal, talking can make all the difference.

You can talk to us about anything that is troubling you. We won't tell you what to do. We will give you the time to think things through. We'll listen with an open mind, and in complete confidence, for as long as you need. We're here to give confidential emotional support 24 hours a day, 365 days a year. If you need to talk to somebody face-to-face, you can visit one of our 201 branches across the UK and Ireland.

Freephone 116 123

How can South West Rape Crisis and Sexual Abuse Centre help?

The centre offers region-wide confidential support and counselling to survivors of rape, sexual assault and child sexual abuse. It also supports people in their own homes, with daily tasks, through the outreach service.

How can the Police help?

If you are the victim of Domestic Abuse, consideration should be given at the earliest opportunity to contacting the Police. While the primary role of the Police is to prevent and investigate crimes, their overriding concern is to keep people safe.

They:

- Will arrest a person who is in breach of a civil interdict or court bail conditions restricting them from contacting you or breaching any other specific conditions. (They will only arrest under an Interdict if the order has a power of arrest attached to it)
- Will provide you with information and advice, including support mechanisms available from other agencies. They will also provide contact details for a Police Service of Scotland Advocacy worker.
- Will thoroughly investigate all complaints of domestic abuse and (if evidence is obtained) arrest the person responsible for the abuse.
- Will ensure that regular updates are relayed to you.
- Will arrange for security surveys of your home and provide personal safety advice to you.

You can also talk to Police Officers at the Domestic Abuse Investigation Unit on 101.

They will be able to offer additional support and advice.

In an emergency situation you should always use the 999 number to contact the Police.

**RIGHT TO
ASK** Disclosure Scheme for
Domestic Abuse (Scotland)

Disclosure Scheme for Domestic Abuse (Scotland)

The scheme aims to prevent domestic abuse by empowering people with the right to ask about the background of their partner, potential partner or someone who is in a relationship with someone they know, and there is a concern that the individual may be abusive.

For more information, please go to:

[www.scotland.police.uk/
righttoask](http://www.scotland.police.uk/righttoask)

Or phone 101

How can Health Services help?

If you have previously or are currently experiencing domestic abuse of a physical, sexual, mental or emotional nature, you can contact a range of Health Service staff for confidential advice, support and guidance.

Health Service Staff:

- Can provide a quiet and confidential place to allow you the opportunity to talk privately
- Will take your concerns seriously
- Will offer support, advice and information on other sources of help
- Can provide a professional interpreter, where required, who is not a family member or connected to your partner
- Can refer you to appropriate agencies

The most useful contact for you may be your General Practitioner or Health Visitor. However, if you do not feel able to speak to either of these people, you could speak to any of the following staff:

District Nurses, Community Psychiatric Nurses, Sexual Health D&G, Psychology Department, Community Mental Health Teams or any other member of the Health Service staff that you feel able to speak to.

How can Social Work Services help?

Social Work have a responsibility to protect all individuals from all forms of abuse; physical psychological emotional or financial. Whatever your age, gender, ethnicity, or sexual orientation we can provide help and advice or if required directly intervene to protect the vulnerable.

Anyone can contact Social Services about their own or another person's situation .

Local Offices are open Monday to Friday 9.00 till 5.00 and a 24 hour 365 days a year service can be accessed via 030 33 33 3001

Social Work Services may contact you to:

- Provide advice, assistance and guidance about what services are available to all family members.
- Help parents understand the potential effects of domestic abuse on their children's development and well-being.
- And in conjunction with the family and possibly other agencies, assess what is needed to promote family members' safety.

Social Work may need to conduct a Child Protection Investigation or an Adult Support and Protection Investigation following a competent referral by an individual or agency.

How can Victim Support help?

Victim Support is a national organisation with local offices in Dumfries and Stranraer that offers support to people affected by crime.

It can offer:

- Emotional and practical support
- Information about the criminal justice system
- Assistance with official procedures and compensation claims
- Information about other agencies
- Support available for unreported crime
- Access to dedicated Witness Service available in both Dumfries and Stranraer courts.

How can Homeless Services help?

If you are made homeless through domestic abuse and require temporary accommodation, Dumfries and Galloway Council's Homeless Services will provide you and your children with somewhere to stay until your case has been assessed, you have found your own accommodation or you have been offered permanent accommodation by one of the local Registered Social Landlords. Support may also be provided if required. You can telephone the Council on 030 33 33 3000/1

How can the Law help?

The law can help you in several ways and you must get legal advice quickly. If you want to stay in your home, but want your abusive partner to go, a solicitor may be able to help you get protective orders such as an interdict or an exclusion order. If granted, this could result in the abusive partner having to leave the property (even if they do not wish to do so). If, however, you decide that you want to leave, a solicitor will be able to advise you about your legal rights. There will be solicitors in your area who specialise in family law, and can give you support when you need it (www.lawscot.org.uk). Depending on your circumstances, you may be automatically financially eligible for Legal Advice and Assistance/Legal Aid.

How can Relationships Scotland help?

Relationships Scotland offers a region wide service for:

- Family mediation for parents who are separated or divorced. It aims to help parents make arrangements for their children.
- Relationship counselling - as a couple, or as an individual man or woman, to help you talk through your problem.
- Sexual relationship therapy.
- Child contact centre for supervised, supported and handover contacts.

How can The Citizens Advice Service help?

If you leave home you may be entitled to claim welfare benefits for yourself and your children (if any). Dumfries and Galloway Citizens Advice Service can assist you with both your claim and filling in forms. The local bureaux offices are located in Annan, Castle Douglas, Dumfries and Stranraer.

All offices can be contacted on 0300 303 4321.

Useful telephone numbers

AMIS (Abused Men in Scotland)

0808 800 0024

Mon - Fri: 9am - 4pm

Free to call from landlines, BT payphones and most UK mobiles

Our number does not appear on phonebills

Email contact@amis.org.uk We aim to respond within 2 working days

Social Work Services

030 33 33 3001

Homeless Services

General Enquiries - 030 33 33 3000

Out of Hours - 0800 811505

Broken Rainbow UK

0300 999 5428

or freephone 0800 999 5428

LGBT Domestic Violence Helpline for confidential support. Tuesday 1pm-5pm. is a trans* specific service.

LGBT Youth Scotland

For people under 26

01387 255 058 Text: 07786 202 370

LGBT Plus

0800 020 9653 (free from landlines)

07547 157718 (call or text)

info@lgbtplus.org.uk

Terrence Higgins Trust Scotland

(support and advice to men who have sex with men in Dumfries and Galloway)

07436 108070

Dumfries and Galloway

Royal Infirmary

01387 246246

The Galloway Community

Hospital, Stranraer

01776 707707

NHS Specialist Drug

& Alcohol Services

01387 244555

Sexual Health D&G

0345 702 3687

Doctor's Surgery

To speak to your own Doctor, Health Visitor or District Nurse contact your Doctor's Surgery

Respect Phonline

0808 802 4040

(for people worried about their abusive behaviour)

Monday to Friday 9am - 5pm

Men's Advice Line

For men (including Gay Bi and Trans men) who suffer domestic abuse

Freephone 0808 801 0327

Monday to Friday 9am - 5pm

www.mensadvice.org.uk

Alcohol & Drugs Support South West Scotland

01556 503550

Victim Support

Dumfries - 01387 250883

Stranraer - 01776 707229

National Helpline - 0345 603 9213

Dumfries & Galloway Advocacy Service

01387 247237

Relationships Scotland, Dumfries and Galloway

01387 251245

info@rsdg.org.uk

Citizens Advice Service

0300 303 4321

Police (Domestic Abuse Unit)

101

South West Rape Crisis and Sexual Abuse Centre

01387 253113 or 01776 889331

(9am – 9pm)

Samaritans

Freephone 116 123

Email: jo@samaritans.org

Write to: Chris, PO Box 90, Stirling, FK8 2SA.

For more information about Samaritans visit www.samaritans.org

Breathing Space

0800 838587

Karma Nirvana - Honour Network Helpline

0800 5999 247

**IN AN EMERGENCY,
CONTACT THE POLICE ON 999**

DOMESTIC ABUSE
AND
VIOLENCE AGAINST WOMEN
PARTNERSHIP