

Project-Truth

IF YOU ARE IN DANGER RIGHT NOW – PHONE 999

Advice and help

Staying safe and staying well are the most important things if you are in an abusive relationship. The following are sources of free information and help. Please look after yourself and remember you have the right to be safe, happy and healthy.

National Domestic Violence Helpline

Clear advice on how to stay safe and where you can find help.

<http://www.nationaldomesticviolencehelpline.org.uk>

Telephone: 0808 200 247

Women's Aid

There is an online quiz to help you identify whether you are in abusive relationship and what to do about it.

<https://www.womensaid.org.uk/the-survivors-handbook/am-i-in-an-abusive-relationship/>

Relate

Advice on staying safe and understanding an abusive relationship.

<https://www.relate.org.uk/relationship-help/help-separation-and-divorce/preventing-harm/abusive-relationships>

Citizen's Advice

<https://www.citizensadvice.org.uk/family/gender-violence/domestic-violence-and-abuse/>

The Samaritans

Phone 116 123 any time of the day or night to speak to someone confidentially.

NHS

Clear information about the physical and psychological impact of abuse and where to go for help.

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Rights of Women

Legal advice for women in abusive relationships.

<https://rightsofwomen.org.uk/further-help/>

Family Lives

<https://www.familylives.org.uk/advice/divorce-and-separation/domestic-abuse-violence/advice-if-your-partner-is-violent-or-abusive/>

Workplace bullying

ACAS offers a comprehensive service and guidance for anyone who is being bullied at work. There are lots of resources here:

<https://www.acas.org.uk/if-youre-treated-unfairly-at-work/being-bullied>

Guidance on how to deal with bullying at work can be found here:

<https://www.bullying.co.uk/bullying-at-work/the-signs-of-workplace-bullying/>

Online articles and information

<https://www.stylist.co.uk/life/domestic-violence-leave-partner-legal-advice-solicitor-what-to-do/67696>

<https://psychcentral.com/blog/5-ways-to-escape-an-abusive-relationship/>

What is coercive control?

<https://humans.media/what-is-coercive-control>

Scotland criminalises psychological domestic abuse

https://mavenroundtable.io/theintellectualist/news/in-scotland-psychological-domestic-abuse-has-been-criminalized-mBQODVaJNk2RjQjmT02PsA/?utm_source=SP&utm_medium=SP&utm_campaign=SP&utm_term=SP&utm_content=SP&fbclid=IwAR2b7Wu-y9jjDTLPFUGtSK5NL4qZOujeci8OA5Qg-ZSN6aMxYegFC3i0XAA

Much love

Vera x