

## Support Services for female and male victims

Across Devon there are community based support services to help female and male victims. Support services can be accessed directly by women and men themselves or by referrals through any other agency.

## Independent Domestic Violence Advisors attached to MARAC and SDVC

(Multi Agency Risk Assessment Conference and Specialist Domestic Violence Courts)

Across Devon there are specialist independent workers who will support you if you are identified to be at high risk and/or are pursuing a criminal case through one of Devon's three Specialist Domestic Violence Courts. These idvas are highly trained to assess risk, and devise safety plans to support you.

THE TIME OF SEPARATION CAN BE A RISK  
SO ENSURE YOU CONSIDER THE SAFETY  
OF YOURSELF AND CHILDREN  
OR SPEAK TO AN OUTREACH  
WORKER ABOUT HOW TO  
MAKE A SAFETY PLAN



## Who to contact

In an emergency ring 999

### Support Services for Women and Men

Exeter, East and Mid Devon 03030 30 0112

North Devon and Torridge 01271 370079

(Mon–Fri 9am–5pm)

South Hams and Teignbridge 01626 365087

(Mon–Fri 9am–4pm & Weds 7pm–9pm)

West Devon 01837 55228

(Mon–Fri 9am–3pm & Weds 7pm–9pm)

National 24 hour helpline 0808 2000 247

### Men's Support Services

National MALE helpline 0808 801 0327

info@mensadviceline.org.uk

### LGBT Support Service

Broken Rainbow Domestic Violence Helpline

0300 999 5428

Mon 2 – 8pm, Weds 10am – 1pm, Thurs 2 – 8pm

### Support for Perpetrators

RESPECT helpline for perpetrators 0808 802 4040

info@respectphonenumber.org.uk

### Devon Community Perpetrator Programme:

People in the South Hams, Teignbridge and West Devon area can refer to the programmes in Exeter, East & Mid and North & Torridge.

Exeter, East & Mid 07870 980272

North & Torridge 07773 394278

### Devon & Torbay SARC

01392 436967

### The Rape & Sexual Abuse Line

0808 800 0188

[www.adva.org.uk](http://www.adva.org.uk)

**adva**  
against domestic violence and abuse,  
in Devon



# Home is where the hurt is

For one in four households it's not 'home sweet home'. Behind closed doors there is torment, agony and suffering. Domestic violence and abuse must stop.  
It's a crime.

For help and advice call:  
**0808 2000 247**



## What is domestic violence and abuse?

Domestic violence and abuse is the misuse of power and control usually but not always by one person over another within an intimate relationship. It can begin at any time during a relationship, is rarely a one-off event and often increases in frequency and severity over a period of time. It can take many forms not just physical violence but also sexual attacks, bullying, threats, mental and verbal abuse, humiliation, control and deprivation of movement and financial control.

## Who experiences domestic violence and abuse?

Anyone can be subjected to domestic violence and abuse. It is most often experienced by women but also men are affected, as well as partners in same sex relationships and in other close family relationships. There is no single identifiable 'type' of perpetrator. It cuts across all boundaries of social group, class, age, race, religion, culture, disability, sexuality, and lifestyle.

Children are always affected by living with domestic violence and abuse although their response to it will vary and may show in emotional disturbance, poor school attendance and achievement, withdrawal and bullying or aggressive behaviour. Children need to be protected from this abuse and agencies are there to help.

## What can I do about it?

Recognise that you are in an abusive relationship – you have the right to live safely and without being abused. It is not your fault – violence and abuse is always the responsibility of the abuser. Don't ignore the needs of your children – children are affected by domestic violence and abuse and agencies aim not to take children away but to help you and your children to live in safety.

### HELP IS OUT THERE FOR YOU!

#### Police

The police take domestic violence and abuse seriously. An attack on you or your own home is a crime and you have the right to protection. Call the police if you feel threatened in any way and do not be afraid to call 999.

The police will always respond no matter how many times you call and they have a duty to investigate any complaint you make because your partner is threatening you or your children. Your abuser should be arrested or removed so you can be interviewed separately. The police work with other agencies and can work together to help you to leave if you want to.

When appropriate Police Domestic Abuse Officers will contact you after the incident has been reported and will provide you with advice on personal safety and security. They will also keep you informed on what action the police are taking and ensure you get support if the case goes to court.

#### Legal help

If you don't feel ready to involve the police, it is possible to get help through the civil courts by getting a protection order (also known as an injunction or non-molestation order). These orders could make your abuser go away and stay away from you, or stop them from intimidating

or harassing you. A breach of such an order is an arrestable offence. You can apply directly to the court for an injunction or get free help from the National Centre for Domestic Violence on 0844 8044 999.

#### Housing

If you decide your safest option is to leave home you have the right to temporary accommodation from the housing authority. This can either be provided within your local area or elsewhere in the country. The housing authority has a duty to find you safe alternative accommodation on the day you make a claim for help. They will then assess your claim and provide the further accommodation services you require to remain safe.

#### Women's Refuge

There are women's refuges in various parts of Devon and other areas of the country should you need to move well away from your local area. They offer safe emergency accommodation whether you are single or have children. They can be contacted 24 hours a day either directly or via the police or other support agencies. They provide emotional, practical, legal and financial advice and support to help you decide on your longer-term options. Call 24/7 support and crisis line 0800 328 3070

#### Sexual Violence, Assault and Rape

If you have been sexually assaulted or raped, help is available through the Devon & Torbay Sexual Assault Referral Centre (SARC), The Rape & Sexual Abuse Line and (from December 2011) Devon Rape Crisis Centre. These services will provide physical, emotional and psychological support following an assault and will support you whether or not you chose to report the assault to the police and through any subsequent prosecution.