



Moorfields  
Eye Hospital  
NHS Foundation Trust



# Domestic abuse



## Advice and support for people experiencing domestic violence and/or abuse.

This page gives you the important information about what domestic violence and abuse is and how to seek help if you or someone you know is experiencing it.

All forms of domestic violence and abuse are serious crimes. No one deserves to be assaulted, abused or humiliated and it is important to realise that you are not to blame. The police can protect you and your children. If you ever feel that you are in immediate danger, please do not be afraid to call the police on 999.

### What is domestic violence and abuse?

Domestic violence and abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour. This includes violence and/or abuse, between those aged 16 or over who are, or have been, intimate partners or family members.

### What can I do if I am experiencing or know someone who is experiencing domestic violence and/or abuse?

If you, or someone you know is experiencing domestic violence and/or abuse, please tell someone and remember that you are not alone. You can talk to a family member that you trust, a health professional, social services, or the police. Every local authority has information on domestic abuse and violence support services available in your area; you can contact them for further advice and support. You can also reach out to one of the helplines or services listed on this page.

Find your local authority (adult social care) via this link: [www.gov.uk/find-local-council](http://www.gov.uk/find-local-council)

### How we can help you

Share your concerns and seek advice from your doctor, nurse or any health or social care professional.

- [Domestic abuse leaflet](#)
- [Easy read domestic abuse leaflet](#)

## Further support

National Domestic Violence  
24 hour helpline: 08082 000 247  
[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

Women's Aid  
Northern Ireland Domestic Abuse  
24 hour helpline: 0808 802 1414  
[www.womensaid.ni.org](http://www.womensaid.ni.org)  
[www.womensaid.org.uk](http://www.womensaid.org.uk)

Scottish Domestic Abuse and Forced Marriage  
24 hour helpline: 0800 027 1234  
[www.sdafmh.org.uk](http://www.sdafmh.org.uk)

Wales Domestic Abuse  
24 hour helpline: 0808 80 10 800  
[www.welshwomensaid.org.uk](http://www.welshwomensaid.org.uk)

Childline  
24 hour freephone helpline: 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Mens Advice Line  
Opening hours: Monday-Friday, 9am-5pm freephone: 0808 801 0327  
[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

Female Genital Mutilation (FGM)  
24 hour helpline: 0800 028 3550  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

Rape Crisis Services  
Opening hours: 12-2.30pm and 7- 9.30pm, every day of the year. Freephone: 0808 802 999912.  
[www.rapecrisis.org.uk/](http://www.rapecrisis.org.uk/)

Forced Marriage Unit

Opening hours: 9am - 5pm, Monday to Friday. Phone: 020 7088 0151.  
Out of hours: 020 7008 1500 (ask for the Global Response Centre). [fmf@fco.gov.uk](mailto:fmf@fco.gov.uk)

Honour Based Violence/Abuse (HBV)

Opening hours: Monday - Friday: 9am -5pm. Freephone: 0800 5999 247  
[www.karmanirvana.org.uk/](http://www.karmanirvana.org.uk/)

National Centre for Domestic Violence.

Freephone: 0800 970 2070  
[www.ncdv.org.uk](http://www.ncdv.org.uk)