



financial abuse. It also includes digital abuse (using smartphones and social

networking to harass and intimidate), stalking, forced marriage, honour based violence (HBV) and female genital mutilation (FGM).

What is controlling behaviour?

Controlling behaviour is a series of actions designed to make the other person feel inferior and less independent. This can range from being in charge of their everyday behavior, to using their income for personal gain, making sure there is no opportunity for the other person to be independent, and cutting the person off from getting support so they cannot resist or escape the abuse.

What is coercive behaviour?

Coercive behaviour is an action or series of actions of assault, threats, humiliation, intimidation or other abuse that is used to harm, punish, or frighten the other person.

What should I do if I am experiencing domestic violence and/or abuse?

If you are 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 council 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 in this leaflet.

National Domestic Violence (24 hour helpline)

This confidential freephone helpline is a national service for women experiencing domestic violence. Advice can also be given to others calling on their behalf.

Phone: 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

Women’s Aid

This national domestic violence charity works to end violence against women and children. They work in partnership with the National Domestic Violence Helpline and also have links to local domestic violence and abuse services.

www.womensaid.org.uk/

Northern Ireland Domestic Abuse (24 hour helpline)

Phone: 0808 802 1414

www.womensaid.ni.org

Scottish Domestic Abuse and Forced Marriage (24 hour helpline)

Phone: 0800 027 1234

www.sdafmh.org.uk/

Wales Domestic Abuse (24 hour helpline)

Phone: 0808 80 10 800

www.welshwomensaid.org.uk/

Galop Domestic Abuse helpline



