

For male victims, or those supporting a male victim:

- Help and support is available for male victims and their friends and family on Men's Advice Line on 0808 801 0327. [mensadvice.org.uk](https://www.mensadvice.org.uk)

Advice and support is available for male victims in Wales at [Dynwales.org](https://www.dynwales.org).

For people who identify as LGBT experiencing abuse, or concerned about their own behaviour, as well as for their friends and families:

- Contact Broken Rainbow UK on 0300 999 5428. [brokenrainbow.org.uk](https://www.brokenrainbow.org.uk)

For anyone (male or female) who wants help dealing with their own abusive behaviour:

- Call Respect on 0808 802 4040. [respect.uk.net](https://www.respect.uk.net)

For victims of sexual violence and their families:

- Call Rape Crisis on 0808 802 9999. [rapecrisis.org.uk](https://www.rapecrisis.org.uk)

There are also some useful websites you can visit for information, advice and resources. If you fear somebody might check-up on your or your friend's browsing history, find out how to cover your tracks and explain this to your friend before visiting a website.

For online guidance go to:

[nationaldomesticviolencehelpline.org.uk](https://www.nationaldomesticviolencehelpline.org.uk)

The Survivor's Handbook from the charity Women's Aid is free and provides information on a wide range of issues - [womensaid.org.uk/domestic-violence-survivors-handbook](https://www.womensaid.org.uk/domestic-violence-survivors-handbook).

The Live Fear Free campaign in Wales has guidance and information for victims and friends and family - [livefearfree.org.uk/what-are-the-signs](https://www.livefearfree.org.uk/what-are-the-signs).

Citizens Advice has online advice about dealing with domestic abuse - See [citizensadvice.org.uk/talkaboutabuse](https://www.citizensadvice.org.uk/talkaboutabuse) for more information.

[#talkaboutabuse](https://www.citizensadvice.org.uk/talkaboutabuse)

Free, confidential advice. Whoever you are.

We help people overcome their problems and campaign on big issues when their voices need to be heard.

We value diversity, champion equality, and challenge discrimination and harassment. We're here for everyone.

[citizensadvice.org.uk](https://www.citizensadvice.org.uk)



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I noticed they seemed less confident and frightened.

**citizens
advice**

It doesn't hurt to ask about abusive relationships
Talk about abuse

Last year 1 in 15 women, and 1 in 33 men experienced domestic abuse at the hands of their partner or former partner.

Anyone could find themselves in an abusive relationship whether they are male, female, transgender, gay, straight, bisexual, young or old, and from any background or culture. In our society, women are much more likely to be victims, and those who identify as transgender, disabled people, and people with mental health problems are also at greater risk.

In this guidance we are focusing on domestic abuse by a partner or ex-partner.

Consider your friends and family and help tackle domestic abuse by following these four simple steps:

1. Pay attention to changes in behaviour

Abuse isn't always easy to spot. Even if it's physical it may be hidden. And many abusive relationships might not have any physical violence. Domestic abuse is about one person seeking to control another, be it physical, emotional, financial, psychological or sexual. Changes in behaviour such as going out less, or seeming frightened, could be indicators of domestic abuse.

Find out more about the signs of abuse at citizensadvice.org.uk/talkaboutabuse.

2. Start a conversation

When a person decides to tell someone that they're experiencing abuse, they are most likely to tell someone close to them. Don't assume that someone else is better placed to

talk to your friend or family member.

If you decide to talk to a friend about domestic abuse, it is important that you try to understand a bit about what they might be feeling and experiencing, and how you can approach the conversation safely and sensitively. You must feel sure that you will not be overheard and that it is safe to have a conversation. You can contact a specialist helpline (see below for helpline numbers) for advice on how to start a conversation.

You might want to start the conversation focussing on how your friend is feeling, for example, 'I'm worried you've not seemed yourself lately. Is everything OK?'

3. Listen, support and believe

If your friend does confide in you, you can try to be there for them, to listen, help them understand that they are not alone, and let them know where they can turn to for more support. You want to show them they are believed and raise their confidence to make it more likely they seek specialist help.

You don't want your friend to feel judged or at fault, which they may already feel. Don't say anything that questions or blames them, like asking why they haven't left, or telling them they shouldn't put up with it.

Remember, abusers are dangerous people and there is a chance you could risk the safety of yourself or your friend. Always call the police if you think anyone is in danger.

You may find it hard to see your friend going through a difficult time, and being the person they confide in can bring a lot of pressure. Look after yourself and call a specialist helpline

if you need to - they can help you as well as your friend (see below for helpline numbers).

Find out more about how to talk to someone about abuse at:

citizensadvice.org.uk/talkaboutabuse.

4. Suggest further help

Acknowledging domestic abuse and seeking help is not easy, but you can support your friend and direct them to places where they can get further help, whatever they choose to do.

Always contact the police if you believe anyone is in danger, by calling 999. Police should always treat reports of domestic abuse seriously. If you wish to anonymously report an incident of suspected domestic abuse, you can **call Crimestoppers on 0800 555 111**.

There are many places to turn for further help, both for you and your friend:

For victims, or those who need advice about abuse for someone else:

- In England, call the Freephone 24-hour National Domestic Violence Helpline on 0808 2000 247 (run in partnership by Refuge and Women's Aid). This is open 24-hours a day, but is less busy out of working hours.
nationaldomesticviolencehelpline.org.uk
- In Wales, call the confidential Live Fear Free Helpline on 0808 80 10 800.
allwaleshelpline.org.uk