

# Support for domestic and emotional abuse

Written by the Wellness Cloud Team



The latest available figures from the Office of National Statistics show that around 6% of UK adults aged 16 – 59 experience domestic abuse every year.

To put that into perspective, that's somewhere around 2.4 million people. Factor in the 280,000+ adults aged 60 – 74 who reportedly experience domestic abuse in England and Wales alone, and there's no disputing the fact that abuse remains a serious problem throughout the United Kingdom.

While those statistics paint a pretty grim picture, it's important to point out that, if you are experiencing abuse at the hands of a partner or someone you know, there is lots of support out there to help you.

In this guide, you'll find important contact information for a number of organisations who are always on-hand to provide the help and support you need.

## How to recognise signs of domestic and emotional abuse

When we hear the term 'domestic abuse,' many of us immediately think of physical violence, particularly towards women.

On the face of it, that's hardly surprising when you consider that females were the victim in 73% of domestic abuse crimes and 93% of domestic abuse-related sexual assault crimes reported to the police in 2021.

However, it's important to note that around 757,000 UK men also report experiencing domestic abuse in the UK, while LGBTQ+ charity Stonewall notes that as many as 25% of transgender individuals have also dealt with the problem.

It's also equally as important to remember that domestic abuse isn't limited to physical harm.

The UK government's guidance on domestic and emotional abuse outlines other tell-tale signs of abuse including, but not limited to:

- Being pressured, coerced, or blackmailed into sexual intercourse or other sexual activities
- Repeatedly being belittled, put-down, and/or told that you're worthless
- Being kept isolated away from friends and family
- Not being allowed to leave the house
- Having your calls, texts, social media and Internet use monitored or restricted
- Having someone control your finances or prevent access to bank cards and important documents
- Being told that the abuse either isn't happening or is all your own fault.

Those are just some of the more common forms of domestic and emotional abuse, but if someone you live with or someone you know is making you feel unsafe in any other way, it's always worth reaching out for help.

The following is the most comprehensive list of support services for those experiencing abuse in the UK.

## United Kingdom domestic and emotional abuse support services

### 1. Ask for ANI

If your local pharmacy displays an 'Ask for ANI' sign, this means that the staff are trained to help get you the support you need.

ANI stands for 'Action Needed Immediately,' and is a government initiative to help those experiencing domestic abuse.

Walk into the pharmacy and ask for 'ANI.' The staff will then take you to a safe, private space and provide you with a phone so that you can contact the police, domestic abuse support services, or a trusted friend or relative who can help you out.

- Visit: <https://uksaysnomore.org/get-involved/ask-for-ani/>

## **2. National Domestic Abuse Helpline - 0808 2000 247**

The National Domestic Abuse Helpline is a freephone service available 24/7 which provides women with help and support. The service can help you find emergency accommodation if needed.

The helpline also offers support in British Sign Language (BSL) between the hours of 10 am and 6 pm, Monday to Friday.

- Visit <https://www.nationaldahelpline.org.uk/>
- Live Chat
- Support in BSL

## **3. Men's Advice Line - 0808 801 0327**

The Men's Advice Line is a freephone helpline for men experiencing domestic abuse run by the charity Respect.

- Visit <https://mensadvice.org.uk/>

## **4. Safe Spaces**

A number of UK businesses have dedicated 'Safe Spaces' to provide support if you're experiencing domestic abuse. These spaces can be used to reach out and make contact with a service or a family member, or simply used to get a respite from your abuse and plan what to do next.

The following businesses currently offer safe spaces:

- Boots
- Superdrug
- Morrisons pharmacies
- Some independent pharmacies
- Well pharmacies
- HSBC
- TSB
- Find a Safe Space location near you here

## **5. Live Fear Free Wales - 0808 80 10 800**

Live Fear Free is the national domestic helpline for people living in Wales.

The service also offers support via text message, email, and live website chat.

- Visit <https://gov.wales/live-fear-free>
- Live chat
- Text service

## **6. Scotland Domestic Abuse and Forced Marriage Helpline - 0800 027 1234**

The Domestic Abuse and Forced Marriage Helpline provides 24/7 advice, guidance, and support to anyone who is experiencing domestic abuse regardless of gender, as well as concerned friends and family members.

- Visit - <https://www.sdafmh.org.uk/en/>
- Email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

## **7. Ireland Domestic and Sexual Abuse Helpline - 0808 802 1414**

The Northern Ireland Domestic and Sexual Abuse helpline is available 24 hours a day, seven days a week and is free of charge.

The service can help you to report a crime without fear of further abuse, access emergency accommodation, or get any other help you may need.

- Visit - <https://dsahelpline.org/>
- Email - [help@dsahelpline.org](mailto:help@dsahelpline.org)

## **8. Victim Support - 0808 16 89 11**

Victim Support provides free, confidential advice on what to do if you're the victim of domestic assault or any other crime.

## **9. Women's Aid**

Women's Aid provides live website chat and email support, as well as offering a detailed 'Survivor's Handbook' which contains a wealth of useful information about how to escape an abusive environment, find housing, take legal action and more.

- Visit <https://www.womensaid.org.uk/>
- Live chat support
- Email support - <https://www.womensaid.org.uk/information-support/help-by-email/>

## **10. FLOWS - Finding Legal Options for Women Survivors - 0203 745 7707**

As the name states, FLOWS helps women to find the right legal support to take action against an abuser.

Their helpline is available during normal 9-5 business hours, Monday to Friday. Email advice is also available.

- Visit <https://www.rcjadvise.org.uk/family/flows-finding-legal-options-for-women-survivors/>
- Email support - [flows@rcjadvise.org.uk](mailto:flows@rcjadvise.org.uk)

## **11. Mankind Initiative - 01823 334244**

The Mankind Initiative runs a confidential helpline for males experiencing domestic abuse and domestic violence throughout the UK.

The helpline's staff can direct you to services and support organisations to help you leave your current situation and take appropriate legal action if you require.

The helpline also offers advice and guidance to friends, relatives, co-workers, and employers of men suffering from domestic abuse.

- Visit - <https://www.mankind.org.uk/>

## **12. Hourglass - 0808 808 8141**

Hourglass is a UK charity supporting older people who have experienced or are currently experiencing domestic violence or domestic and emotional abuse.

Their freephone helpline is available 24/7, and you can also access the service via text message at 078 6005 2906.

Both the helpline and text service also offer support and guidance to friends, family, and anyone concerned about an elderly person who may be being abused.

- Visit - <https://wearehourglass.org/>

## **13. National LGBT+ Domestic Abuse Helpline - 0800 999 5428**

UK charity Galop run the freephone National LGBT+ Domestic Abuse Helpline as well as offering signposting and advocacy services for LGBT+ individuals who have experienced domestic and emotional abuse.

- Visit <https://galop.org.uk/get-help/>

If you or someone you know is in immediate danger, we would advise you to call 999 to contact the police.



Wellness Cloud & Parent Cloud give you easy remote access to experienced specialists, who can support you with mental health and relationships.

For further information, or to book a session online with one of our specialists, visit our website.

[www.the-wellness-cloud.com](http://www.the-wellness-cloud.com)

Helping People Thrive

---

A solid yellow horizontal bar at the bottom of the page.