



SUPPORT FOR SURVIVORS OF ABUSE AND VIOLENCE

No one deserves to experience violence or abuse. You are **not alone**. We understand, and we believe you.

Freephone **0300 323 9985**

Violence and abuse can happen to anybody regardless of age, disability, gender identity, race, religion, belief or sexual orientation.

Domestic Abuse and Violence

Domestic abuse is an incident or a pattern of controlling, abusive or violent behaviour from a partner/ex-partner or family member (including in-laws). Domestic abuse affects children too. They may hear, witness or be directly abused.

Domestic abuse includes a range of behaviours, not all of which are in themselves inherently 'violent'.

Domestic Abuse and Violence may be:

Emotional shouting, threats to harm you, humiliation, intimidation, restricting where you can go or who you can see.

Psychological constant criticism and bullying, stalking and harassment, manipulating you into doubting your sanity.

Physical punching, slapping, stalking, kicking, pushing, burning or strangling.

Sexual using coercion, force or intimidation to make you perform sexual acts. Rape.

Financial denying you access to money, taking your money, taking out loans in your name, preventing you from getting or keeping a job, taking or destroying your possessions.

Domestic abuse includes forced marriage, so-called 'honour' based violence and female genital mutilation.

Rape, Sexual Violence and Abuse

Sexual abuse is any physical, psychological or emotional violence, in the form of a sexual act, inflicted on someone without consent.

It can be perpetrated by anyone. It might be someone you trust such as a friend, colleague, family member, partner or ex-partner, or it could be a complete stranger.

Sexual violence and abuse includes sexual acts through coercion, manipulation or exploitation.

Some people find it hard to name their experience as sexual abuse. If you feel unsafe or uncomfortable with something that has happened in the past, or is ongoing, support is available.

Abusive behaviour is a choice made by the perpetrator. It is never your fault. They can choose to stop.

Keeping Safe

There are steps you can take to help keep yourself **(and your children)** safe.

- 1** Tell someone you trust about the situation. Ask them to keep an eye on you. Decide on a safe word or phrase you can use, or text to let them know you are not ok. Agree what they would do if you use the safe word (eg call the police).
- 2** Plan what to do in an emergency. Decide which room at home feels safest and which friends/family you can turn to. In an emergency, if you can't leave the property, try to block yourself in the safest room and call 999.
- 3** Teach your children when to call 999, what to do, and how to give their address. Ask neighbours to call 999 if they hear a disturbance.
- 4** Keep copies of important documents, along with some emergency money, any medication and a packed bag for emergencies, in a safe place or with a trusted friend or family member.
- 5** Keep your phone close and fully charged. Put important numbers on speed dial.
- 6** Keep a date, time and itemised record of unwanted contact and how it made you feel. Only do this if you have a safe place to store it.
- 7** If you are planning to leave, ask for help and support to consider how to do it in the safest way possible.

OUR PARTNERS



The Portal is a partnership of leading Sussex Domestic and Sexual Abuse Charities with a combined experience of over 60 years supporting survivors of domestic and sexual abuse and violence.

FUNDED BY



Finding Help

LOCAL SERVICES

Domestic Abuse and Violence

The Portal

Freephone **0300 323 9985**
The Portal is a partnership of leading abuse charities. The Portal helps survivors of domestic or sexual abuse or violence, of all genders, to find support in Brighton & Hove and East Sussex.
www.theportal.org.uk

BRIGHTON & HOVE

RISE (Refuge, Information, Support and Education)

Freephone **0300 323 9985**
Crisis and ongoing support for women, families and LGB&T* people affected by domestic abuse and violence. Safe emergency accommodation (refuge) in Brighton & Hove.

RISE holds regular domestic abuse drop-in surgeries. See website for details.
RISE is the lead Portal Partner.
www.riseuk.org.uk

EAST SUSSEX

cgl (change, grow, live)

01323 417598 (Eastbourne, Lewes and Wealden)
01424 716629 (Hastings and Rother)
Information, advocacy and practical and emotional support to women and men living with domestic abuse and violence.
cgl is a Portal Partner.
www.changegrowlive.org

Refuge (East Sussex)

0808 2000 247
Safe emergency accommodation (refuge) in East Sussex
www.refuge.org.uk

Rape, Sexual Violence and Abuse

Survivors' Network

01273 203380
Help and support for survivors (all genders) of sexual violence, rape and childhood sexual abuse.
Survivors' Network is a Portal Partner
www.survivorsnetwork.org.uk

Mankind

01273 911680
Support for men who have been sexually abused.
www.mankindcounselling.org.uk

The Saturn Centre (SARC) Crawley

01293 600469 (9am – 5pm)
Services to women and men who have been raped or sexually assaulted.
www.saturncentre.org.uk

Police

Police Safeguarding Investigating Unit (SIU)

In a non emergency ring **101** and ask to be put through to the unit. In an emergency call **999**

Substance Misuse

Pavilions – Brighton & Hove Drug and Alcohol Support Service

Freephone **0800 014 9819**
www.pavilions.org.uk

STAR – East Sussex Drug and Alcohol Recovery Service

Freephone **0300 303 8160**
www.changegrowlive.org - Search for 'STAR'

Housing Advice

Contact the housing options service at your local council for free advice and information, including if you are homeless or at risk of homelessness.

Further support is available from:

BHT (Brighton & Hove and East Sussex)

01273 645400 (Main Switchboard)
See their website for services in your area.
www.bht.org.uk/services

Home Works (East Sussex)

01273 898700
Home Works is a free service which provides flexible, tailored support to prevent homelessness in East Sussex.
www.southdownhousing.org

Other

Safe:Space Sussex

A-Z of support services for victims of crime in Sussex.
www.safespacesussex.org.uk

Victim Support

0845 38 99 528
Support for people affected by crime or traumatic events.
www.victimsupport.org.uk

NATIONAL SERVICES

Domestic Abuse and Violence

National 24hr Domestic Violence Helpline

Freephone **0808 2000 247**
For women experiencing domestic violence and abuse, their friends, family colleagues and others calling on their behalf.
www.nationaldomesticviolencehelpline.co.uk

National LGBT Domestic Violence Helpline

Freephone **0800 999 5428**
Advice and support for lesbian, gay, bisexual and trans people.
www.galop.org.uk

Men's Advice Line

Freephone **0808 801 0327**
Advice and support for heterosexual, gay, bisexual and trans men experiencing domestic violence and abuse.
www.mensadvice.org.uk

Karma Nirvana

Freephone **0800 5999 247**
Immediate and on-going support for victims of Forced Marriage and Honour Based Abuse.
www.karmanirvana.org.uk

National Stalking Helpline

Freephone **0808 802 0300**
Guidance and information to anybody who is currently, or has previously been, affected by harassment or stalking.
www.stalkinghelpline.org

Action on Elder Abuse

Freephone **0808 808 8141**
Information, advice and support to victims and others who are concerned about or have witnessed abuse, neglect or financial exploitation.
www.elderabuse.org.uk

Respect Phone Line

Freephone **0808 802 4040**
Confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner.
www.respectphoneline.org.uk

Rape, Sexual Violence and Abuse

Rape Crisis England & Wales

Freephone **0808 802 9999**
National helpline for survivors of rape and sexual abuse, and their partners, friends and family.
www.rapecrisis.org.uk

Survivors UK

Support for men who have experienced childhood sexual abuse or adult sexual assault/rape, as well as their partners and carers.
www.survivorsuk.org

Safeline: Men's Sexual Abuse and Rape Helpline

Freephone **0808 500 5005**