



## **NO INFORMATION LEAFLET – THIS WILL BE THE MAIN PAGE**

### **What is domestic abuse?**

**Domestic abuse can include, but is not limited to, the following:**

- [Coercive control](#) (a pattern of intimidation, belittling, isolation and control with the use of, or threat of physical or sexual violence)
- [Psychological and/or emotional abuse](#)
- [Physical or sexual violence](#)
- [Financial or economic abuse](#)
- [Harassment and stalking](#)
- [Online or digital abuse](#)

Domestic abuse can happen between two or more people, who are or were intimate partners or close family members, regardless of their gender or sexuality.

If you are in fear of a partner, ex-partner or member of your close family, you may be experiencing domestic abuse.

### **They may:**

- Call you names, belittle you or make you feel bad about yourself.
- Scare you by threatening you or your children.
- Behave violently towards you, your children or even your pets.
- Isolate you from your friends or family.
- Keep you without money.
- Harm you or make you feel intimidated in any way.

**If you feel any of the above are familiar or feel you may be in an abusive relationship, either intimate or non-intimate, help is available to you!**

### **Help Is Available**

For empathetic professional support and advice please contact:

- Lighthouse Women's Aid - **01473 228 270**
- The Suffolk Domestic Abuse **0800 977 5690**

(Helpline is available 24 hrs, 7 days a week service)

- National Domestic Abuse helpline - **0808 2000 247**  
(Helpline is available 24 hrs, 7 days a week service)
- Samaritans - **116 123**  
(Helpline is available 24 hrs, 7 days a week service)
- Leeway - **0300 561 0077**  
(Helpline is available 24 hrs, 7 days a week service)
- [National LGBT+ Domestic Abuse Helpline](#) – **0800 999 5428** (run by Galop)
- ManKind - **0808 801 0327**
- 'Respect' Men's Advice Line **0808 801 0327**

**If you feel at risk of harm, dial 999.**

- If you are unable to speak press 55 or cough and the operator will know it's not safe for you to talk.
- Stay on the line and your phone will be tracked and assistance sent.

**If you need housing assistance or advice:**

- Please contact our customer services team on:  
**03330 162 000** or email [housing.needs@eastsoffolk.gov.uk](mailto:housing.needs@eastsoffolk.gov.uk)  
who will refer you to our supportive Housing Needs Team.

The team will be able to signpost to other agencies, if appropriate, or refer to East Suffolk Council's Domestic Abuse Link Officer if appropriate.

**Your safety and wellbeing are paramount.**

**Follow this link to the East Suffolk Council's Domestic Abuse Policy - [Domestic-Abuse-Policy.pdf](#)**



