

StandTall after abuse

The bruises may fade, but the emotional and psychological scars take a lot more time to heal. We want every woman to know they are supported, to get help to overcome their trauma, and to stand tall again after abuse.

Immediate Danger

If you or your children are in **immediate danger, call 999!**

If you are **deaf, deafened, hard of hearing** or have a **speech impairment**, a text phone is available on **18000**.

Looking for help: where to start?

If you are not in immediate danger, here are some other ways you can reach out for help. We understand there are many practical and psychological barriers to leaving an abusive relationship – but don't get overwhelmed. There are people who can help you get through it and advise you on exactly the steps you need to take.

1 Call 101 or visit your local police station if it's not an emergency. You can report a crime, or speak to an officer for advice.

2. Visit a SARC – Sexual Assault Referral Centre. They offer medical examinations, contact the police on your behalf, refer you to further services, to anyone who has been recently sexually assaulted. To find your nearest SARC visit <https://thesurvivorstrust.org/sarc/> or call the NHS 111 non-emergency number.

3 Planning to leave the relationship? – if you want to leave your abusive relationship, it is a good idea to have a plan before you do to ensure you are safe and know what steps to take. There are organisations that can give you advice and professionals who can help you plan. Speak to one of them (on our chat), and have a look at this guide by [Living Without Abuse](#).

4 Visit your GP – they can help you with both physical injuries and emotional impacts related to the abuse, and refer you to specialist services.

I'm worried someone I know is being abused. What do I do?

It can be really upsetting if someone confides in you that they are in an abusive relationship, or if you suspect someone you know is suffering from abuse. Here are a few tips to approach the situation.

Keep contact. People experiencing abuse often feel isolated and can push away those close to them. It's extremely important that you try to maintain contact with them, to reassure them you are there whenever they need you.

Listen and believe them. You might be the first or only person they are opening up to, so your support is extremely important.

Be sensitive. They are going through something very difficult and can be in a really vulnerable state. Don't judge them and try to be positive and kind.

Acknowledge that their situation is difficult, and that they need to make their own choices in their own time. If you push them or criticise them for not leaving, it might push them away and make them feel more isolated.

Be positive. Tell them there are always options, that there are people ready to support and help them, that things will get better.

Patience is key. What they are experiencing might be extremely difficult and complex, and it could take a long time to overcome the trauma. Be patient.

Reassure them. Remind them it's not their fault and that they shouldn't blame themselves, or feel ashamed.

Speak in private. Meet somewhere where they will be comfortable to speak to you in privacy, away from people's ears and from fear the perpetrator might be around.

Show concern. Show them you are worried for their mental/physical health and that you have their best interest in mind. Ask them how they feel about what is happening.

Be honest. Sometimes sharing something personal of your own helps them to open up about their situation. Build trust with the person, show them you care and want to help.

Useful Resources

For women

National Domestic Violence Helpline

24 hours
Freephone Helpline 0808 2000 247

[Solace Women's Aid](#)

Mon-Fri 10:00am- 4pm and Tue 6pm – 8pm
Freephone Helpline 0808 802 5565
advice@solacewomensaid.org

[National Rape Crisis Helpline](#)

Everyday between 12pm - 2:30pm and 7pm - 9:30pm. Mon-Fri 3pm – 5:30pm
Freephone 0808 802 9999 Helpline

[Jewish Women's Aid Helpline](#)

Mon-Thu 9:30am- 9:30pm
Freephone Helpline 0808 801 0500

[Muslim Women's Helpline](#)

Mon-Fri 10am- 4pm
Freephone Helpline 0800 999 5786

I am concerned about my child or someone I know

[NSPCC Child Protection Helpline](#)

24 hours
Freephone Helpline 0808 800 500

[MOSAC Helpline](#)

Mon-Fri 10am - 6pm
Freephone Helpline 0800 980 1958

For men

[ManKind](#)

Mon-Fri 10am - 4pm
Freephone Helpline 0182 333 4244

[Men's Advice Line](#)

Mon-Fri 9am - 5pm
020 7251 6575

[Survivors UK](#)

020 7251 6575
Or visit their site <https://www.survivorsuk.org> for more information

[National Rape Crisis Helpline](#)

Everyday between 12pm - 2:30pm and 7pm - 9:30pm. Mon-Fri 3pm – 5:30pm
Freephone Helpline 0808 802 9999

For LGBT

[National LGBT+ Domestic Abuse Helpline](#)

Mon, Tues, Fri 10am- 5pm, Wed & Thu 10am- 8pm
Freephone Helpline 0800 999 5428

[London LGBT+ Advice Line](#)

020 7704 2040

[Switchboard LGBT+ Helpline](#)

Everyday 10am- 10pm
Freephone Helpline 0300 330 0630

I need Legal Advice

Call the National Centre for Domestic Violence on:

0207 186 8270 or 0800 970 2070

Or visit their site <https://www.ncdv.org.uk/> for more information

For information on getting an induction, free legal advice, or making a referral, for both women and men victims of abuse.

Call Rights of Women on:

020 7251 6575

Or visit their site <https://www.rightsofwomen.org.uk> for more information

More details on how to report abuse and sexual crime to the police can be found on this document by Rights of Women.

Call The Association of Child Abuse Lawyers on:

0208 390 4701

Or visit their site <https://www.childabuselawyers.com/> for more information

For practical support on how to obtain redress and find the right legal support

Visit the Law Society website

to find a solicitor near you <https://www.lawsociety.org.uk/find-a-solicitor/>