

How to get help if you are experiencing domestic abuse



Domestic abuse can take many forms, including physical, sexual, financial, emotional and psychological.

If you are experiencing domestic abuse, or know someone who is, this leaflet tells you how to get help, support and information.

Seeking help

The most important thing is to tell someone. You can speak to your Housing Officer or our Tenancy Support Officer in the strictest confidence. If you would prefer to speak to another member of staff, we can arrange that for you.

How can Howard Cottage help?

- We can talk to you and advise you on how to seek help
- We can support you in contacting the police
- We can talk to you about taking out an injunction that aims to stop one partner in a relationship from harassing the other, or to make them stay away from the home
- We can talk to you about your housing options

Support organisations

Libraries, local councils and Citizens Advice are all good sources of useful information about dealing with domestic abuse. Listed below are details of other organisations that may be able to provide support.

Hertfordshire Domestic Abuse Helpline

08 088 088 088

www.hertsdomesticabusehelpline.org

This is a confidential, free, support and signposting service for anyone affected by Domestic Abuse. Well-trained call takers will listen carefully and non-judgmentally to what you say before providing information appropriate to your particular situation. Open 9am-9pm Monday to Friday and 9am-4pm weekends.



Bedfordshire Domestic Abuse Partnership

0808 2000 247

www.bedsdv.org.uk/get-help

This partnership works with many local agencies and authorities to provide a coordinated response to domestic abuse. The website links to a wide range of agencies and the 24-hour helpline gives support and information over the phone.



North Herts Drop-In

01438 242666

There is a drop-in service offering domestic abuse support in Letchworth Garden City on Mondays from 9am-11am. Ring the helpline number to find out more.

The Samaritans

116 123

www.samaritans.org.uk

This service gives 24-hour confidential, emotional support for anyone in crisis. You can call the above number free of charge from a landline or mobile – rest assured, it won't show up on your phone bill. Alternatively, you can call your local Samaritans branch, but local charges will apply to that number.



Shelter

0808 800 4444

www.shelter.org.uk

Shelter's emergency helpline is open 365 days a year and is often the first port of call for people facing a housing crisis.

Shelter

Childline

0800 1111

www.childline.org.uk

A national, confidential counselling line for children, young people and adults on any issue including family, marital and relationship problems, child abuse, rape and sexual assault, depression and anxiety.



Men's Advice Line

0808 801 0327

www.mensadvice.org.uk

This service provides information, support and advice to men who are experiencing domestic violence. It's open on Mondays, Tuesdays and Wednesdays from 10am-1pm and 2pm-5pm. Local projects for men are available in some areas.



The police

All forms of domestic abuse are taken very seriously by the police. Most forces have specially trained, experienced officers who will listen and speak to you on your own. You can ask to be seen by a male or female police officer. The police may be able to arrange medical aid, transport and a safe haven. Their first priorities are your safety and the wellbeing of your children.

To contact the police in an emergency, dial 999.

At other times, you can contact your local police station.



Hertfordshire Constabulary

0845 3300222

www.herts.police.uk



Bedfordshire Police

01234 841212

www.bedfordshire.police.uk



Contact details

Howard Cottage Housing Association
Pioneer House
Norton Way South
Letchworth Garden City
Hertfordshire SG6 1NY
Telephone: 01462 683307
www.howard-cottage.co.uk

A charitable housing association



business for neighbourhoods

This leaflet can be made available in large print, audio, Braille and other languages.