

Get Help

If you find yourself in immediate danger call 999

Contact the 24 hour Domestic Violence Helpline on **0808 802 1414**
TEXT support **077 97805839**

The Helpline is open to all women and men who are affected by domestic abuse.

Contact Foyle Women's Aid on **028 7141 6800**

Check out our website **www.foylewomensaid.org** for more information.

Talk to someone — a friend, a relative, a trusted colleague.

You may not be ready to leave your relationship yet but it is important to look after yourself and start thinking about how you can protect yourself.

Foyle Women's Aid can help you to draw up a **Safety Plan** – *see over >*

A Safety Plan

- Keep your mobile phone in credit and charged.
- Have a list of or memorise emergency numbers.
- Identify safe areas of the house and escape routes.
- Put money aside for taxi or bus fares.
- Have extra set of car/house keys.
- Pack an emergency bag in case you have to leave in a hurry.
- Gather important documents together e.g. passport, birth/marriage certificates, bank books, legal orders, list of medications etc.
- Tell a friend or neighbour what is happening.

Your Safety is a Priority

Foyle
Women's
AID

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028 7141 6800
www.foylewomensaid.org
24 Hour Domestic Violence Helpline
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Community Support Service

Print It For Me.com

Foyle
Women's
AID

Foyle Women's Aid believes that no-one should suffer domestic abuse and offers a free, specialist service to anyone in the Foyle, Limavady and Strabane areas.

Specialist support workers provide confidential support, information and emergency accommodation for women and their children. They can meet you at your home, at our premises or at a safe place within your community.

A support worker will help you look at your options in relation to:

- Accommodation
- Personal Safety
- Legal issues
- Housing
- Income/Budgeting
- Physical and Mental Well being
- Support Networks
- Personal growth

The Community Support Service can link you to other Women's Aid Services

- Criminal Justice Service
- Court Support
- Accommodation
- Training and Education
- Group Work/Journey To Freedom
- Childcare Service
- Youth Service

Community Support workers can also liaise with other organisations that can provide support for you.

Referrals

The Community Support Service takes referrals from women themselves, and any statutory and voluntary agencies. We also take enquiries from family and friends with the victim's consent. Telephone Foyle Women's Aid on **028 7141 6800** or check out our website on **www.foylewomensaid.org** for more information.

What is Domestic Violence?

Physical attacks can be one sign but you do not have to be hit to be experiencing abuse. Domestic abuse can be physical, psychological, emotional, verbal, financial and sexual.

Does he?

- Constantly criticise you
- Is jealous and accuses you of being unfaithful
- Makes you believe everything is your fault
- Calls you names
- Makes you feel ugly and useless
- Cuts you off from your friends
- Stops you working
- Never admits he is wrong
- Turns children against you
- Uses the children to control you
- Controls money
- Blames drink, drugs etc.

Women often blame themselves for what is happening in their abusive relationship. You are never to blame for the abuse that you have experienced.

