

**LGBTQ+  
DOMESTIC  
ABUSE  
SERVICE**

# How to get help with domestic abuse



Our service is open to anyone from  
the LGBTQ+ community



Domestic abuse is usually carried out by a person's partner, ex partner, or members of their family.

Domestic abuse can be lots of different things like:



- hurting you or making threats to you.

- shouting at you and bullying you



- making you do things you don't want to do

- telling you what you can do and who you can see. This is called **coercive control**.



Domestic Violence is abuse and against the law.

It is never the fault of the person who is being abused.



Getting help with domestic abuse is the first step you need to take.

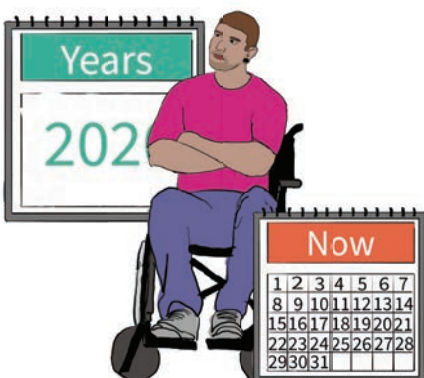
It's ok if you don't know what to do, we are here to help.



When you have been a victim of domestic abuse things can seem really stressful and hard .



We support anyone who is part of the LGBTQ+ community. We are here to listen to you and give you the support you need.



It doesn't matter if your abuse is happening now or in the past.



Even if you are just worried and want someone to talk to, we are here for you.

Our service is a safe place that gives you the support you need, when you need it most.



We have specially trained workers called Domestic Violence Advisors or DVA's.



They will not judge you and always believe what you tell them.

We will see you, listen to you and support you.



Our service can help you with things like:

- finding a home or getting a safe place for you to stay.



- help with money and benefits



- guide you through working with the police and courts.



- support you with your health and wellbeing

## How to contact us



**Phone:**

**01273 234009**



**Email:**

**[domesticabuse@switchboard.org.uk](mailto:domesticabuse@switchboard.org.uk)**



**On our website:**

**[www.switchboard.org.uk/what-we-do/domestic-abuse/](http://www.switchboard.org.uk/what-we-do/domestic-abuse/)**