

Our team of specially trained workers understand the devastating impact domestic or sexual violence can have on your life. We realise it can be hard to pick up the phone for the first time.

Our Helpline workers are experienced in supporting you to talk when you are ready. We understand you may not know what to say or how to start. Our workers will put you at ease.



The Helpline also has a full translation service available for anyone whose first language isn't English.

The Helpline can refer women and their children directly to the safe network

of refuges and outreach support services provided by local Women's Aid groups.

If you have been sexually assaulted the Helpline can arrange immediate practical help, including direct referral to The Rowan, the sexual assault referral centre.

For further information on domestic and sexual violence visit [www.womensaidni.org](http://www.womensaidni.org)

24 HOUR

## Domestic & Sexual Violence Helpline

Open to *all women and men* affected by domestic & sexual violence

☎ **0808 802 1414**

📱 text support to **07797 805 839**

✉ **24hrsupport@dvhelpline.org**

Freephone from all landlines and mobiles

Translation service available

Confidential, caring service  
24/7, 365 days a year

The Helpline also welcome calls from concerned family members, friends and colleagues, youth workers, teachers, professionals, community groups and clergy.

MANAGED BY WOMEN'S AID FEDERATION NORTHERN IRELAND

## Help for Women



24 HOUR

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FREEPHONE

**0808 802 1414**

Open to *all women and men* affected by domestic & sexual violence

📱 text support to **07797 805 839** ✉ **24hrsupport@dvhelpline.org**



If you are a woman and have any concerns about domestic or sexual violence, now or in the past, contact the 24 Hour Domestic & Sexual Violence Helpline.

The Helpline provides information, emotional support, and the opportunity to talk over all your concerns, including housing and legal options. You are guaranteed a confidential and caring response.

*Domestic and sexual violence are the result of an abuser's desire for power and control. If you are being abused it is never your fault.*

## Who is abused?

The majority of victims of domestic violence are women and children. Women are considerably more likely to experience repeated and severe forms of violence and sexual abuse. Any woman regardless of age, disability, sexual orientation, nationality or background can be abused. The Helpline welcomes calls from everyone.

Recognising what is happening to you, or has happened in the past, is the first step in escaping the pain and misery of domestic and sexual violence.



## Domestic violence

Domestic violence can be physical, emotional, financial, or psychological. Sexual abuse is often a part of domestic violence.

You are being abused if your partner/ex-partner/boyfriend/girlfriend/family member does any of the following:

- › Constantly criticises your appearance, undermines your decisions and opinions
- › Blames you for everything that goes wrong
- › Is jealous and possessive and continually accuses you of being unfaithful
- › Constantly wants you to justify what you spend money on
- › Threatens to take custody of your children or prevent you from seeing them
- › Tries to isolate you from your friends and family and makes you justify any absence
- › Physically hurts you in any way
- › Demands sex, coerces or forces you into unwanted sexual activities
- › Intimidates and threatens to harm you or those close to you or threatens you with weapons
- › Injures or hurts your pet

*Abusers are often good at convincing those they have abused that it was their fault and they agreed to it.*

## Sexual violence

Sexual violence/abuse refers to any sexual acts that a person does not consent to take part in. . It may not always be physically violent.

Sexual violence/abuse can include:

- › Rape
- › Unwanted touching or kissing
- › Coerced or forced sexual activities, including activities that may involve violence and pain
- › Forcing someone to watch or participate in pornography
- › Posting sexual images of someone on the internet without their consent
- › Stalking
- › Using substances such as drugs or alcohol (or spiking drinks) to make someone vulnerable in order to have sex with them
- › 'Grooming' a child or vulnerable person to engage in sexual activities of any kind

## Who sexually abuses?

Most people are abused by someone they know and trust, a partner or ex-partner, relatives, babysitters, 'friends of the family', people in positions of authority, neighbours, and sometimes strangers.

