



DOMESTIC ABUSE



Anyone can experience domestic abuse. We offer confidential support to all who are affected by domestic abuse.

Contact BCHA for domestic abuse support **01202 710777**

National Domestic Abuse helpline **0808 2000 247**

In an emergency, call **999**

WHAT IS DOMESTIC ABUSE?

Domestic abuse is any incident or number of incidents of controlling, coercive or threatening behaviours, violence or abuse between people aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This includes psychological, physical, sexual, financial and emotional abuse.

ANYONE CAN EXPERIENCE DOMESTIC ABUSE

People from all walks of life can be subjected to abuse and violence, including men as well as women, people in same-sex relationships, trans and non-binary people, older people, and people with a disability.

Abusive relationships might not be bad all the time. Sometimes, after an incident, things get a bit better, but they often get worse again.

If your current partner, ex-partner or family member makes you feel afraid, embarrassed, calls you names, takes control of your finances, stops you from seeing friends or is violent towards you, even if this is some of the time, then this is domestic abuse.

If you or someone you know is suffering, get in touch with BCP Council's specialist domestic abuse service, BCHA, on 01202 710777.



WHAT ARE THE SIGNS OF DOMESTIC ABUSE?



Psychological/emotional abuse: Includes name-calling, threats and manipulation, blaming you for the abuse or 'gaslighting' you.



Coercive control: When an abuser uses a pattern of behaviour over time to exert power and control. It is a criminal offence.



Physical abuse: This isn't only hitting. They might restrain you or throw objects. They might pinch or shove you and claim it's a 'joke'.



Tech abuse: They might send abusive texts, demand access to your devices, track you with spyware, or share images of you online.



Economic abuse: Controlling your access to money or resources. They might take your wages, stop you working, or put you in debt without your knowledge or consent.



Sexual abuse: This doesn't have to be physical. They might manipulate, deceive or coerce you into doing things you don't want to do.



Contact BCHA for specialist domestic abuse support on **01202 710777** or email abusesupport@bcha.org.uk or visit **bcpcouncil.gov.uk/help-with-domestic-abuse**

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In an emergency, call **999**



**No resident living in
Bournemouth, Christchurch
and Poole should live in fear of
or experience domestic abuse.**