

OCTOBER: Domestic Violence Awareness Month

Domestic Violence Awareness Month is designed to unify women and men who have been victims of domestic violence. It is important to recognize that domestic violence impacts millions of people, and it's not only women who are victims; many men suffer domestic violence as well.

It is a problem across every status, culture, religion, and race. There are many different forms of domestic violence as well, which is why raising awareness is so critical.

NOT ALONE IN SUTTON: <https://notaloneinsutton.org.uk/>

SPECIALIST SUPPORT HELPLINES

1 **08082000247**
THE NATIONAL DOMESTIC VIOLENCE
HELPLINE

2 **08088010327**
THE MEN'S ADVICE LINE

3 **03009995428**
NATIONAL LGBT HELPLINE

WWW.DOMESTICVIOLENCEUK.ORG

DOMESTIC VIOLENCE UK

Domestic violence is the abuse of one partner within an intimate or family relationship. It is the repeated, random and habitual use of intimidation to control a partner. The abuse can be physical, emotional, psychological, financial or sexual.

Does your partner

- Humiliate or verbally abuse you in front of others?
- Criticise you regularly?
- Monitor your movements?
- Control your life?
- Blame you for their behaviour or abuse?
- Threaten to hurt you or people close to you if you leave?
- Threaten to take your children away?
- Try to cut you off from your family and friends?
- Threaten to harm themselves if you leave?
- Destroy your belongings?

Don't Suffer In Silence. Please Call...

The National Domestic Violence Helpline on 08082000247

The Men's Advice Helpline on 08088010327

The National LGBT Helpline on 0300 499 5428.

WWW.DOMESTICVIOLENCEUK.ORG

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**INSPIRE HOPE
BE A VOICE
SPEAK UP AGAINST
DOMESTIC VIOLENCE**

#LOVEDOESNTHURT

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'Safeguarding the rights of others is the most noble and beautiful end of a human being.' Khalil Gibran

WE BELIEVE
LOVE IS LOVE
AND THAT LOVE
DOESN'T
HURT

