



**Hull DAP**  
working in partnership  
to tackle domestic abuse

# Supporting men affected by Domestic Abuse



## For support call 01482 613978

Police non-emergency	101	Strength to Change (Working with perpetrators of domestic abuse)	01482 613403
NCDV	0800 970 2070	START	01482 613978
Respect (Helpline for domestic violence perpetrators)	0808 802 4040	Single Point Access	01482 301701
Dogs Trust Freedom Project	0800 083 4322	Housing Options Team, Wilson Centre	01482 300304 (emergency)
NSPCC	0808 800 6000	ReNew	01482 620013
Mens Advice Line	0808 801 0327	Mesmac	01482 291190
Samaritans UK helpline number	116123	Let's Talk	01482 247111
Galop National Helpline	0800 999 5428	Mind	01482 240200
Childline	0800 1111	Emergency Duty Team	01482 300304
Hull DAP	01482 613978	CASA Centre (Care After Sexual Assault)	0330 223 0181
Minicom:	01482 318761	Hull Citizens Advice	0344 411 1444
The Samaritans	01482 323456	Victim Support Hull	0300 303 1976
Hull Rape Crisis	01482 329990		

**In an emergency call 999**

DOMESTIC ABUSE **DOES** HAPPEN TO MEN

## Domestic Abuse

**Domestic abuse is about abuse of power and control within a relationship. It can manifest in any of the following ways:**

**Physical** – any behaviour that leads to physical injury such as spitting, punching, kicking, slapping and pushing.

**Sexual** – any unwanted sexual behaviour/assault.

**Psychological** – using threats, causing mental or emotional anguish, humiliation. Verbal or nonverbal conduct such as the ‘silent treatment’. Threats to ‘out you’ or disparaging remarks around gender identity for transgender people.

**Economic** – withholding money, coercion to borrow money, such as loans in your name and running up debts.

You may be afraid that you won’t be taken seriously, or that you may even be ridiculed for ‘letting’ your partner abuse you. Abused men may be reluctant to leave an abusive relationship for fear of not seeing their children in the future.

**We CAN and WILL support you**

“**To be able to live and get my life back on track, was all down to the support I received from DAP Mens Service**”

## Make a Safety Plan

- **Keep a record of dates and times of all incidents.** If you have been injured, get medical attention from A & E or your GP as they will make notes of your injuries.
- **Keep your phone fully charged and on you at all times** in case you need to make emergency calls. 999 calls are free.
- **Tell someone** about what’s been happening.
- **Keep your passport and copies of important documents in a safe place** (with a friend or relative).
- **Think about telling your employer** about your situation.
- **Always report the violence and abuse** to the Police.
- **Always try to avoid retaliating** as it is likely that it might escalate things and someone might get seriously hurt.
- **Try to leave the situation when you recognise the signs and triggers** from your partner and feel that they may become violent or abusive to you.
- **If you retaliate and the police are called they may see you as the abuser**, particularly if your partner has any injuries caused by your retaliation.



**Support for Gay, Bisexual and Transgender men who are affected by Domestic Abuse.**

**1 in 4 LGBTQ+ people suffer some form of domestic abuse**

## Using someone’s sexuality to abuse

**Threats to out** – disclosing someone’s sexual orientation or gender identity without their consent.

**Criticise someone for not being a ‘real gay’ or ‘real bisexual’** as they have recently come out or had previous heterosexual relationships.

Abusive partners may **manipulate their partners into believing that abuse is a ‘normal’ part of same-sex relationships.**

**Withholding medication or preventing treatment needed to express victim’s gender identity** (e.g. hormones, surgery)

The abuser might **convince or manipulate their partner that nobody would believe them because they’re transgender.**

## Why don’t LGBTQ+ report Domestic Abuse?

Fear no one will help because someone deserves the abuse.

Belief that agencies such as the police/domestic abuse services are prejudice to the LGBTQ+ community.

**Use the support organisation numbers on the push out card and keep yourself safe by making a Safety Plan**

# When I'm with my partner...



I feel comfortable

I feel safe

I know I could spend time with others if I wanted

I feel I'm listened to

I know I can keep my independence

I feel nervous and on-edge

I fear for my safety

I feel ignored

I feel isolated from people

I feel controlled

Domestic Abuse can occur in any intimate relationships regardless of gender or sexuality and can also happen between family members.

Domestic Abuse can include one or more of the following types of abuse: **psychological/emotional abuse, physical abuse, sexual abuse, financial abuse and abuse committed over social media/technology.**

This abuse can be a stand-alone incident or can be a pattern of incidents and can encompass one or more of the above types of abuse.

**If you feel you have suffered from any form of domestic abuse and would like to receive help and support from a trained member of staff**

**Call the DAP Mens Service on 01482 613978**

