

# Supporting someone

experiencing

domestic  
violence  
and  
abuse



A guide for family and friends

This version has been adapted to meet the needs of those with learning difficulties. If you would like more copies of this leaflet please contact the KRIS service on 0117 900 2568



**NHS**  
Bristol



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Easy Read

# Useful Contacts



When a man or a woman in a relationship hurt each other this is called Domestic Abuse.


They may be violent by using words or actions.




It can be hard to talk about people's relationships.

Sometimes people do not want to talk about it.

If **we** do not say anything when someone is in need of help it can be a bad thing.

**Bristol Domestic Violence and Abuse Helpline**  
 **24 hour advice line** **0808 694 9999**

**Domestic Abuse Referral Team**  
 **Police** **0117 945 4307**

**Broken Rainbow LGBT National Helpline**  
 **0300 999 5428**

**Respect**  
 **0845 122 8609**

**Men's Advice Line (Male Victims)**  
 **0808 801 0327**

**Legal Advice Helpline (Bristol)**  
 **24 hour helpline** **0117 904 5999**

**Single Parent Action Network (Bristol)**  
 **0117 951 4231**



## Websites

[www.bdaf.org.uk](http://www.bdaf.org.uk)

[www.womensaid.org.uk](http://www.womensaid.org.uk)

[www.refuge.org.uk](http://www.refuge.org.uk)

[www.respect.uk.net/mens\\_advice.php](http://www.respect.uk.net/mens_advice.php)

What resources do you have to help you cope?

Do you know where to go for support?

How can these resources be increased?



The person who is abusive may think you agree with them.



Your friend or family member might think it is their fault.

What are you afraid of if you stay?

What are your strengths that help you deal with this situation?



The advice in this book is by people who have had a bad relationship.

They want to help others give support to their friends and family.

# Giving Support

## 3 Things to Say

**It's not your fault**

**I believe you**

**There are people who can help you**



There are people who can help. If they want to talk to a professional there are phone numbers they can call.

These are in the back of this leaflet.

**How is it affecting you?**

**How has their behaviour made you feel?**

**Which of the things that you do to protect you and your children work best?**

**Which options would be best for you? What are you able to try to do?**

**What do you already do to protect yourself and your children?**

## Some questions you could ask

What are you afraid of if you leave?

How have you been coping with the abuse?

What is the worst situation for you or your children?

Do you know when it will happen? Is there a pattern?

What are your worst fears for you or your children?

What can you do to make yourself safer?



**Do:**

Listen and believe what they tell you.



It can be hard for someone to say something. Take the abuse seriously.

By listening and understanding you are helping. They could be in danger.



Focus on their safety



Do not give up on them. You could be their only friend and person to talk to.



**Do:**



Often the abuser will try to isolate the victim. This means that they do not want the people they hurt to be close to others.

Help them not to be on their own.

Talk to them about friends and family.

Let them know it is good to be around people.



**Remember if you feel frightened as well you should get help.**



**Don't:**



Don't blame your friend or family.

Do let them know you believe them and it is not their fault.



Don't focus on the abuser.

Do talk to your friend or family and ask them what they want to do.

It is good to make sure they have someone to talk to and that they are safe.