

You can get help to:

- Make your home safe
- Know your rights
- Build your confidence
- Plan a safe place to go
- Recover from the effects of domestic abuse

Useful numbers

FOR SUPPORT CALL
BLACK COUNTRY WOMENS AID ON
0121 553 0090 AND
ASK FOR **THE IRIS WORKER**

IF YOU ARE A WOMAN YOU CAN CALL

**THE 24 HOUR NATIONAL
DOMESTIC ABUSE HELPLINE
ON FREEPHONE 0808 2000 247**

IF YOU ARE A MAN YOU CAN CALL

**THE MEN'S ADVICE LINE
ON 0808 8010 327**

**IF YOU HAVE BEEN VIOLENT OR ARE
WORRIED ABOUT YOUR OWN
BEHAVIOUR, CALL RESPECT
ON 0808 802 4040**

Your GP, health visitor or midwife
can provide support advice and refer
victims on to relevant agencies

In an emergency ALWAYS call 999



Black Country
Women's Aid
and listen, and support, and care


Sandwell and West Birmingham
Clinical Commissioning Group



IRIS IDENTIFICATION AND REFERRAL
TO IMPROVE SAFETY

Domestic Abuse Aware Practice

Are you being hurt by
someone in your family,
afraid of someone at
home or in a violent
relationship?

Show us this card if
you need help or talk
to us here in private



What is domestic abuse?

PHYSICAL including being hit, kicked or attacked

SEXUAL having to be sexual when you don't want to

EMOTIONAL being called names, put down, made to feel bad or threatened

FINANCIAL when someone takes or controls your money

ISOLATION when someone controls who you see and when you go out

Everyone has the right to be safe at home

It's not your fault

We believe you

We can help you

We know that domestic abuse does damage to health

If you choose to talk to us, we can:

- Support you
- Put you in touch with someone who can help you

