

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

relationship?

dentification and Referral to Improve Safety (IRIS)

# **Useful Numbers**

# **Black Country IRIS team:**

Support across Sandwell, Dudley, Walsall, Wolverhampton

Iris.referrals@nhs.net

0121 553 0090

### **National Domestic Violence**

Helpline (Freephone, 24hr): 0808 2000 247

## Men's Advice Line:

0808 801 0327

# Respect:

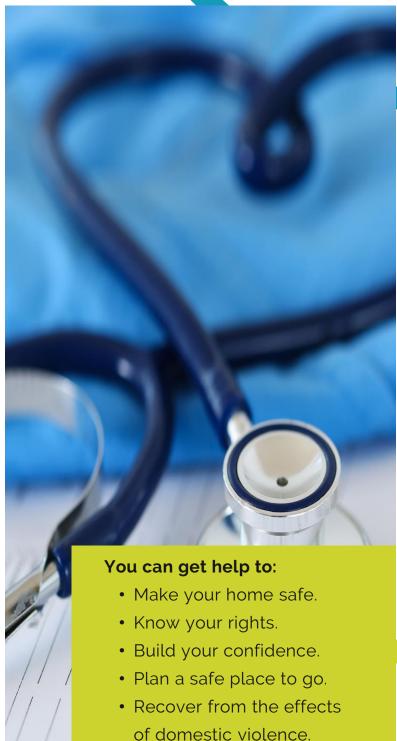
0808 802 4040 (If you are concerned about your own or someone else's violent behaviour)

> In an emergency, **ALWAYS call 999**









# 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 is harmful to health.

If you choose to talk to us, we can:

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