

# WHAT IS DOMESTIC ABUSE?

(Birmingham and the Black Country)



**Domestic abuse is not always physical violence. It can also include, but is not limited to:**

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- verbal abuse
- emotional abuse
- sexual abuse

## Signs to look for

If you believe that you or someone else could be a victim of domestic abuse, there are signs that you can look out for including:

- being withdrawn
- having bruises
- controlling finances
- not being allowed to leave the house
- monitoring technology use such as social media platforms
- absence from work or social groups

## Where to get help

If you believe you are being abused, or worried you may commit domestic abuse, please use the services on this page.

If you suspect that your neighbours or those in your community are victims of domestic abuse, we encourage you to report it to the police calling 999 if you or a person's safety is in danger.

## **Birmingham**

**Birmingham and Solihull Women's Aid**

Tel: 0808 800 0028

<https://bswaid.org/>

**Birmingham LGBT Centre are offering a reduced service**

Tel: 0121 643 0821

- **LGBT+ domestic abuse**  
Email: [jdva@blgbt.org](mailto:jdva@blgbt.org)
- **Trans or non-binary wellbeing support**  
Email: [alexussavage@blgbt.org](mailto:alexussavage@blgbt.org)
- **Wellbeing support**  
Email: [dannirichards@blgbt.org](mailto:dannirichards@blgbt.org)

## **Black Country**

**Women's Aid**

Tel: 0800 2000 247

<https://blackcountrywomensaid.co.uk/services/domestic-abuse/>

- **Wolverhampton**  
<http://www.wolveslgbtalliance.org.uk/>
- **The Haven Wolverhampton**  
Tel: 01902 904677
- **Walsall Black Sisters – supports communities in Walsall**  
Tel: 01922 616996
- **Walsall - Victim Support**  
Tel: 0300 303 1977
- **Sandwell**  
Women's Aid  
Tel: 0121 552 6448

## **Samaritans**

Tel: 116 123 – free call, 24 hours, 365 days a year

**Website where men can get support**

[www.respect.uk.net](http://www.respect.uk.net)

Tel: 0808 802 4040

**Website where support can be given to anyone concerned about their behaviour**

**Urgent immigration issues**

Tel: 0800 678 1767

**National Domestic abuse helpline**

Tel: 0808 2000 247

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

**Additional contact information can be found online**