

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- being withdrawn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
- **Trans or non-binary wellbeing support**
Email: alexussavage@blgbt.org
- **Wellbeing support**
Email: 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

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

Additional contact information can be found online