



DOMESTIC ABUSE SERVICES
GWASANAETHAU CAM-DRIN DOMESTIG

Our Services



Life can be different



Llinell Gymorth Live Fear
Byw Heb Ofn Free Helpline

0808 80 10 800

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call • text • live chat • email

*Having doubts about
your relationship?*

Feeling threatened or unsafe?

*Worried about a friend
or relative?*

**There are lots of possible reasons why
you have picked up this leaflet.
Whatever the reason, we can help.**

WHAT IS DOMESTIC ABUSE?

- > Physical abuse (such as hitting, pushing, grabbing)
- > Coercive control and gaslighting/emotional abuse (controlling where you go, who you see, name calling, humiliation, threats and blame)
- > Sexual abuse (rape, and/or any source of non-consensual sexual activity)
- > Financial abuse (controlling how much you spend, monitoring your bank account, making you work too much/not at all, taking out credit in your name)
- > Stalking and Harassment
- > Digital/online abuse (revenge porn, tracking software)
- > Forced marriage
- > Female genital mutilation (FGM)

Domestic abuse does not discriminate, it can happen to anyone, and the abuse can be committed by a partner, ex-partner or a family member.

Are you, or is someone you know, experiencing domestic abuse?

FOR ADVICE AND SUPPORT

- > Call the Vale Domestic Abuse Services helpline on 01446 744755 between 9am – 5pm
- > Drop us an email – info@valedas.org
- > Contact 24 hour Live Fear Free helpline on 0808 80 10 800 or via webchat www.livefearfree.gov.wales

WE OFFER APPOINTMENTS

- > In person
- > Online
- > By telephone

**If you
or someone
you know is
in immediate
danger, call
999**

ABOUT VALE DOMESTIC ABUSE SERVICES

Vale Domestic Abuse Service is here to support anyone impacted by Domestic Abuse in the Vale of Glamorgan – whether that's directly or if you are worried about a relative or friend.

Our services are confidential and for people from all backgrounds – remember domestic abuse does not discriminate!

ABOUT OUR SUPPORT

Our friendly and experienced team are here to listen. You can access:

- > **A friendly, non-judgemental safe space to:**
- > **talk about the challenges you are facing - in person, by telephone or virtual support**
- > **talk through your options and next steps**

WE CAN OFFER HELP WITH:

- > **Keeping you safe**
- > **Accessing emergency accommodation and local housing support**
- > **Accessing other local services that you might need**
- > **Support for your children**
- > **Support with police or court**
- > **Understanding your finances**
- > **Therapeutic group work and counselling**
- > **Opportunities to meet other survivors**

ABOUT CONFIDENTIALITY

Any work and support we carry out with you is conducted in the strictest of confidence. We will never share information about you with your (ex) partner or other individuals and we will only give your information to other agencies with your consent.

We will only share information with agencies (the police, social services, GPs) if we have serious concerns about your safety or the safety of another person.

OTHER USEFUL NUMBERS

- > Vale Domestic Abuse Services
01446 744755
- > Life Fear Free Helpline (available 24/7)
0808 80 10 800
- > Respect Men's Advice Line
0808 801 0327
- > Galop (LGBT+ Domestic Abuse Helpline)
0800 999 5428
- > The Dyn Project
0808 801 0321



For more information call our helpline

0146 744755

or email

info@valedas.org



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