



## Being safe at home

If you plan to stay at home it is wise to have an escape plan in case of emergencies, but if you decide to leave in a hurry, call our helpline.

**Call the police in an emergency – they will help you.**

- See a doctor when you're injured, consider keeping a record of violent incidents and photographing bruises and injuries in case you decide to prosecute in future.
- If violence is imminent, avoid rooms without doors to the outside.
- See a solicitor or speak to us as soon as you can, if you think you may need an injunction.
- Is there a friend you trust and could go to in an emergency?
- If you're not living with your abuser make sure all the door and window locks and lights (inside and out) work properly.
- Install a panic alarm if you can.
- Keep money for a payphone/taxi and ensure your mobile phone is charged and has credit.
- Change your phone number if you're getting threatening calls.
- If you receive abusive text messages – save them – they're useful evidence.

### At work

- If your abuser contacts you at work, tell your boss and colleagues ask them to contact the police in an emergency.
- Your personnel officer or union representative may be able to help you.
- Teach your children what to do in an emergency help them make a safety plan too.
- Keep a bag packed with the things listed in our Refuges leaflet.
- Call us.

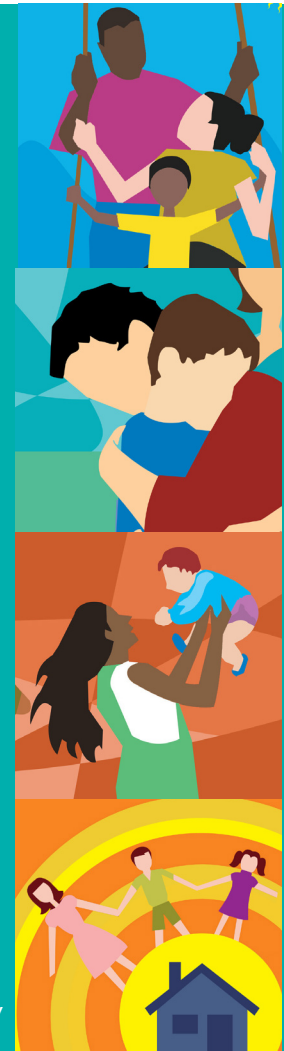
## Domestic Abuse No Excuse

Domestic Abuse can involve power and control tactics:

- **Physical, emotional or verbal abuse**
- **Stopping you seeing your friends or relatives**
- **Threats or intimidation**
- **Pretending abuse is not important**
- **Saying it's not their fault**
- **Saying it's your fault**
- **Forcing you to do things**
- **Taking your money or withholding money**
- **Using children or pets to control your behaviour**

For further information see our leaflet

- Refuges: Somewhere safe to stay



## Domestic Abuse?

Someone to talk to  
Somewhere safe to stay



If you've been hit, threatened, made to feel bad about yourself, kept isolated from your friends or been treated badly in your home or relationship:

**YOU'RE NOT ALONE  
IT'S NOT YOUR FAULT**

**Call Berkshire Women's Aid  
helpline for information**

**0118 950 4003**

- 24 hours a day in an emergency if you are in immediate danger
- or Mon-Fri 9am – 5pm

Berkshire Women's aid is a Registered Charity – No. 1050484



### **Berkshire Woman's Aid can provide**

- information relating to domestic abuse and;
  - housing
  - benefits
  - the law
- The opportunity to talk about your options over the phone or in person.
- Somewhere safe to stay for women and their children.

### **Anyone can call our helpline**

Our refuges are in Berkshire, but we have links with refuges across England, Scotland and Wales.

Our aim is to help you decide what is the best thing for you to do.



### **Seeking help with an abusive relationship can be very difficult**

BWA can support you

- Whether or not you want to come into a refuge

#### **And regardless of:**

- Age
- Sexuality
- Race
- Culture
- Religious belief

Leaving an abusive partner can be dangerous, and not everyone will want, or choose to leave their relationship.

The information in this leaflet may help you to stay safe, and help you plan what you might do if you decide to leave.