

## Support for Victims and Survivors of Domestic Abuse and Honour Based Violence:

Domestic abuse is any kind of behavior, action, or abuse between people who have been intimate partners or a part of the same family. Domestic abuse can take many forms, including psychological, physical, sexual, financial, and emotional abuse. Whatever your experience, we are here to help, don't suffer in silence.

*Does your family member, partner or, ex-partner?*

- |  |   |
|--|---|
| <input type="checkbox"/> Hurt you?                                 | <input type="checkbox"/> Call you the wrong gender?                                   |
| <input type="checkbox"/> Shout at you?                             | <input type="checkbox"/> Make you feel afraid?  |
| <input type="checkbox"/> Call you names?                           | <input type="checkbox"/> Say bad things about your sexuality?                         |
| <input type="checkbox"/> Accuse you of cheating?                   | <input type="checkbox"/> Prevent you from taking your medicine?                       |
| <input type="checkbox"/> Stop you from seeing your friends?        | <input type="checkbox"/> Use your children to control you?                            |
| <input type="checkbox"/> Control or monitor your daily activities? | <input type="checkbox"/> Undermine you as a parent?                                   |
| <input type="checkbox"/> Damage your belongings?                   | <input type="checkbox"/> Threaten to tell others about you sexual or gender-identity? |
| <input type="checkbox"/> Control or take away your money?          | <input type="checkbox"/> Threaten to tell others about your HIV status?               |
| <input type="checkbox"/> Stalk or harass you?                      | <input type="checkbox"/> Use your immigration status to control you?                  |
| <input type="checkbox"/> Force you have to sex?                    |   |
| <input type="checkbox"/> Force you get married?                    |   |
| <input type="checkbox"/> Make other people hurt you?               |   |

*If any of these are happening to you, you may be experiencing domestic abuse.*

### Galop's support services:

If you might be experiencing domestic abuse, Galop is here to help. At Galop we offer a confidential, accepting, and safe space to talk about your experiences and learn what options are available to you.

Our service is for and by LGBT+ people. We will not tell you what to do but we can help you feel safe, have more control in your life, and make informed choices that are right for you.

We offer emotional and practical support. If you need to make a plan to keep yourself safe, we can help with this. If you have children, we will always consider them.

If you need advice on counselling, housing, or legal advice, we will connect you with LGBT+ specialist supports. If you need to be connected to a safe and supportive service in your language, we will try our best to do this. We can also support you to access translation services in other languages.

If you are worried that getting help might make things worse, we are a secure and confidential service that will always put your safety and wellbeing first. You do not have to face this alone, we're here for you.

### National Lesbian, Gay, Bisexual, and Transgender + (LGBT+) Domestic Abuse Helpline

Our National LGBT+ Domestic Abuse Helpline and webchat service can tell you what options are available, offer emotional support, and give you practical information. Always check our website for the most up to date information.

**National LGBT+ Domestic Abuse Helpline:**  
**0800 999 5428**

10am – 5pm Monday  
10am – 5pm Tuesday  
10am – 8pm Wednesday

**National LGBT+ Domestic Abuse Webchat:**  
[www.galop.org.uk](http://www.galop.org.uk)

5pm - 8pm Wednesday  
5pm - 8pm Thursday

