

Help is available

Norfolk Constabulary is committed to protecting victims of abuse and holding people who commit acts of abuse to account.



If you or someone you know is suffering from abuse, dial **101** to speak to the police.

Always dial **999** in an emergency.



Call **0845 345 3458** for our minicom service if you are hard of hearing.



Visit our website **www.norfolk.police.uk** to access further information and support around domestic abuse.

You can also seek support from the following:

National Domestic Abuse & Refuge Helpline

0808 2000 247 | www.womensaid.org.uk

Male Advice Line

0808 801 0327 | www.mensadviceline.org.uk

The Harbour Centre (SARC)

0845 456 4810 | www.theharbourcentre.co.uk

Based on real experiences, **Look what you did** is a short film that highlights the work of the SARC in supporting victims of rape and sexual assault.

www.norfolk.police.uk/lookwhatyoudid

Additional support

In addition to the police, there are other agencies that provide either practical or emotional support.

Victim Support

0845 456 5995 | www.victimsupport.org.uk

Leeway Support

0300 561 0077 | www.leewaysupport.org

Orwell Support

01473 218818 | www.orwell-housing.co.uk

Norfolk County Council

0344 800 8020 | www.norfolk.gov.uk

Childline

0800 1111 | www.childline.org.uk

NHS Direct

111 | www.nhsdirect.nhs.uk

Samaritans

08457 90 90 90 | www.samaritans.org

Foreign and Commonwealth Office

020 7008 0151 | www.fco.gov.uk

theharbourcentre

24/7 support for victims of rape and sexual violence in Norfolk

0845 456 4810
contact@theharbourcentre.co.uk
www.theharbourcentre.co.uk

Use the QR code to watch **Look what you did**, a short film that highlights the work of the Harbour Centre



You don't have to live in fear of domestic abuse

Report any abuse by calling

the police on **101**

Always dial **999** in an emergency



NORFOLK
CONSTABULARY
Our Priority is You

What is Domestic Abuse?

Domestic Abuse is defined as any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

This can encompass but is not limited to the following types of abuse:

- Psychological
- Sexual
- Emotional
- Physical
- Financial

Controlling behaviour is defined as a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is defined as an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

This definition, which is not a legal definition, includes so called 'honour' based violence, female genital mutilation and forced marriage, and is clear that victims are not confined to one gender or ethnic group.



How can the police help?

Norfolk Constabulary's officers are highly trained to deal with domestic abuse. They will listen, treat you with respect, sensitivity and:

- Conduct a full risk assessment with you.
- Investigate all incidents which occur and take positive action against the abuser - where there is sufficient evidence.
- Inform Social Services of any domestic abuse incidents involving children so they can provide further help and support.
- Keep you informed on developments of any legal proceedings. If you are required to go to court, the police and other specially trained workers will provide support, including attending court with you where necessary.
- Put you in contact with victim services, advocacy support and other partner organisations.

Remember you are not to blame for what is happening and help is available.



Report any abuse by calling the police on **101**.

Always dial **999** in an emergency

www.norfolk.police.uk

Use the QR code to visit our website and find out about the help available to victims of domestic abuse



Planning to leave?

Leaving an abusive relationship is never easy, but you and your children deserve a life away from abuse and violence.

When you decide you're ready to leave, try and make a safety plan and get support.

- You should **confide in someone you trust** (i.e. neighbour, relative, friend or colleague) who can listen out for trouble or who you can contact should you need help.
- Make arrangements for somewhere to go in an emergency and **have a planned escape route ready**. There is assistance available to help you find alternative accommodation.
- **Pre-pack an emergency bag** containing essential items (e.g. money, credit cards, passports, NI numbers, important documentation, keys, medications) and leave it somewhere safe and out of sight (perhaps at a friend or relatives house).

Don't worry about your belongings though. You can always arrange with a police officer at a later date to go and collect them.

- If there are children and if practical and safe, talk to them beforehand about the possibility of leaving in an emergency.
- Adjust privacy settings on websites and smart phones to keep your personal data safe and change passwords.
- **If you are injured, see your doctor or attend hospital as soon as possible.** Remember you can talk to any health practitioner about the abuse you are suffering.