



## **DOMESTIC ABUSE SUPPORT**



NATIONAL DOMESTIC ABUSE
HELPLINE 0808 2000 247

DERBYSHIRE DOMESTIC
ABUSE 24 HOUR HELPLINE
0800 0198 668

Domestic abuse is rarely a one-off incident, but a pattern of power and control over you. It is any threatening behaviour, violence or abuse between adults who are or have been in a relationship, or between family members. It can be psychological, physical, sexual, financial or emotional abuse. You may just want someone to listen, or help to stop your abuser hurting you further.

All services in Derbyshire follow the same guidelines when dealing with domestic abuse, whether you talk to someone at your health centre, school, housing office or social services office. They'll offer someone to talk to, legal information, help available to you, support in your home or long term help.



For further support contact

Crossroads on 01457 856675

