
Domestic Abuse

Local contacts and help for people suffering from domestic abuse

What is Domestic Abuse?

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse experienced by 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:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical abuse
- Sexual abuse
- Financial abuse
- Harassment
- Stalking
- Online or digital abuse

People experiencing Domestic Abuse may also have additional support needs, for instance in terms of:

- Mental and/or Physical Health
- Learning Disability
- Discrimination
- Social Exclusion
- Poverty
- Homelessness
- Substance Use

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[Domestic Abuse](#)

[Domestic Abuse: Help with Housing](#)

[Multi-Agency Risk Assessment Conferences](#)

Domestic Abuse Support

In Bournemouth Support is available from the following:

- Bournemouth Community Support:
01202 547755
- Bournemouth Women's Refuge:
01202 547755
- Citizen Advice Bureau: 01202
290967
- Dorset Rape Crisis: 01202 547755
- Victim Support: 0845 38 99 528

There are also National providers of support, including:

- Mankind Initiative For Men
experiencing/have experienced
domestic abuse 01823 334244
- Mens Advice Line For Men
experiencing Domestic Violence and
Abuse 0808 801 0327
- Survivors UK For Men who have been
raped or sexually abused 0845 122
1201
- Forced Marriage Unit For anyone who
believes they are going to be forced
to marry as well as anyone who
wants to leave a forced marriage 020
7008 0151
- Karma Nirvana For those
experiencing so called 'Honour' based
abuse and/or forced marriage 0800
5999 247
- Southall Black Sisters Advises those
experiencing domestic abuse, honour
crimes and forced marriage 0208
571 0800

- Childline has a useful website and helpline for children and young people 0800 1111
- Get Connected is a confidential helpline for people under 25 0808 808 4994
- The Hideout Website has advice tailored to children and young people who think they are in an abusive relationship
- Respect Not Fear is a website for young people with information on healthy relationships and where to get help if you are in an abusive relationship
- This is Abuse Website has advice on all aspects of teenage relationship abuse

- National Centre for Domestic Violence (NCDV) 0800 970 2070
- The National 24 Domestic Violence Helpline 0808 2000 247

- The National Network for Surviving Stalking

- The National Stalking Helpline 0808 802 0300
- Paladin National Stalking Advocacy Service provides advice and advocacy services to victims of stalking 0207 840 8960

- Respect For people who identify they are abusive to their partners and wish to stop 0845 122 8609

- Samaritans 116 123
- Victim Support 0845 3899 528