

Living in fear of Domestic Violence?

If you are living with domestic violence, you may be facing the difficult decision of what steps you should take. You may not yet have decided what to do next for yourself and your children and dealing with domestic violence can be a long process. There are many options open to you with people there to support you.

Who can I talk to?

You don't have to deal with domestic violence alone. You do not need to feel ashamed about the abuse that you or your children are going through and the more isolated you feel, the harder it may be for you to take action. Talking to a family member or friend that you trust may be helpful for you.

There are a large number of agencies for you to talk to in confidence and get support or information to help you decide what to do. The members of these agencies are there to help and support you in whatever way possible and won't push you into taking any action that you don't feel ready to take.

Where can I go if I leave the family home?

There are various housing options open to you if you decide to leave your violent partner. In an emergency, temporary accommodation is available through your local authority or you can go to a refuge which is a secret safe house for women and children escaping domestic violence.

In the longer term and depending on your circumstances, you may be able to apply for permanent accommodation through your local authority or you may wish to obtain sole possession of your current home.

Do I have any legal rights?

Yes, domestic violence is a crime and the police can help protect you. You should dial

999 in an emergency, however, there are also specialist police officers trained in dealing with domestic violence who you can contact at any time.

You can also get protection under the civil law process to protect you and your children. This can include 'Orders' for your abuser to stay away from you, to make arrangements with regard to your children and to enforce your housing rights.

How will I cope financially if I leave my violent partner?

There is financial help available to you. If you are not working or are on a low income, there are benefits to which you may be entitled. You may also qualify for grants or loans to help you set up a new home. If you have children, you can apply for tax allowances to help with the costs of raising children and you may also be entitled to child support.



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