

Contact numbers

South Yorkshire

If life is at risk or a crime is in progress **999**

For general enquiries or to report a crime that has already happened **101**

National Domestic Violence helpline 0808 2000247

National Centre for Domestic Violence - text 'NCDV' 60777

National LGBT Domestic Violence Helpline 0800 9995428

Sheffield

Independent Domestic Violence Advocacy Service 0114 2493920

Sheffield Domestic Abuse helpline (including support for men) sheffielddact.org.uk **0808 8082241**

Sheffield Domestic Abuse Outreach Service (including support for men) **0114 2706999**

Victim Support (including domestic abuse service for men) **0114 2758411**

Rape and Sexual Abuse Counselling Centre **0808 8020013**

Sheffield Women's Counselling and Therapy Service **0114 2752157**

NSPCC Young People's Centre **0114 2289200**

Social Care Service (24 hours) **0114 2734855**

Doncaster

Doncaster Council Advice and Homelessness **01302 862043**

Rape and Sexual Abuse Counselling **01302 360421**

Doncaster Victim Support **01302 365531**

Doncaster Independent Domestic Violence Advocates 01302 737080

Barnsley

Barnsley Domestic Violence Group (Pathways) 01226 249800

Victim Support **01226 243761**

Barnsley Sexual Abuse and Rape Crisis Helpline BSARCH **01226 320140**

Independent Domestic Violence Advocacy Service 01226 320112

Rotherham

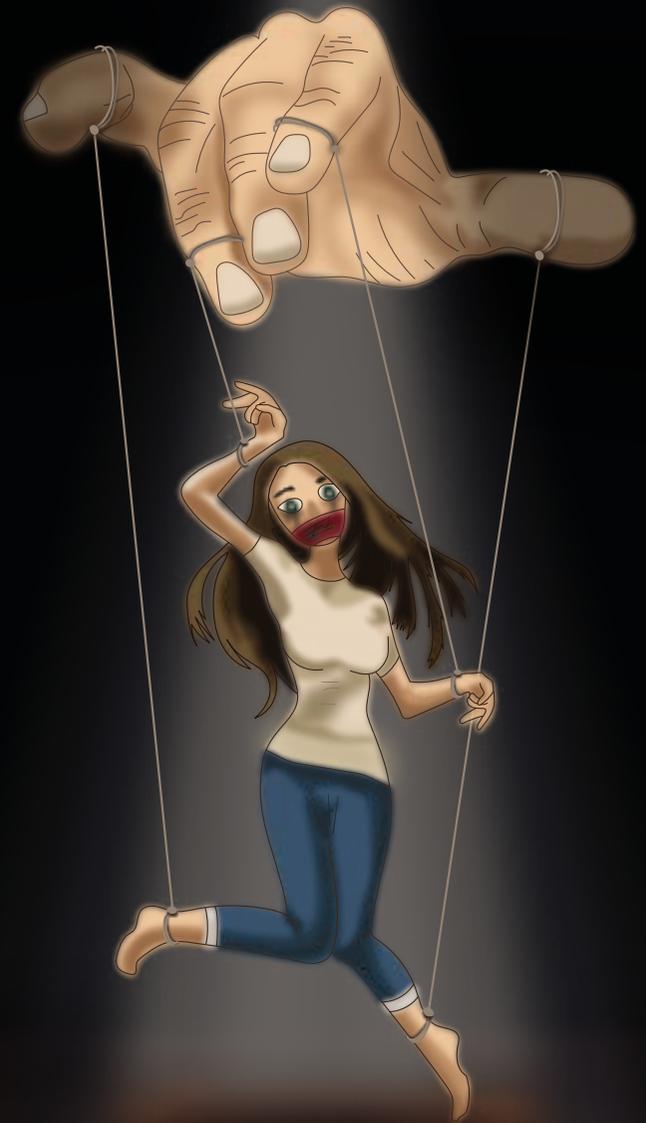
Rotherham Rise 01709 912423

Victim Support **01709 361076**

Independent Domestic Violence Advocacy Service **01709 823196**

Rotherham Women's Counselling Service **01709 835482**

Youth Start (13-19 year olds) **01709 255266**



Who's pulling your strings?

Cut the strings and put a stop to domestic abuse

#CutTheStrings



If you are staying with your abuser

- Seek professional advice and support from local outreach organisations, domestic violence services and helplines.
- Consider how agencies can make contact safely, e.g. through a work number or at a friend's address.
- Consider where you can quickly and easily use a telephone and who are safe people to contact – memorise a list of numbers for use in an emergency, like friends, police and support organisations.
- Consider a signal with children, family, neighbours, friends or colleagues, which will alert them to call the police when help is needed.
- Think through escape routes in advance. If possible avoid rooms with no exit or with weapons in (e.g. bathroom or kitchen).
- Try to save some money for fares and other expenses.
- Receive medical help for any injuries, ensuring that they are recorded and, if possible, photographed. These may be used at a later date to support court cases or rehousing applications.



If you are planning to leave

- Take care over who to trust with any plans that you are making to leave.
- Consider whether or not an injunction is a viable option – seek legal advice.
- Make an extra set of keys for home and/or car and store them somewhere safe.
- Make up a bag with spare clothes, phone numbers, keys, money and keep it safe so you can take it quickly or keep it with a trusted friend.
- Have the following available in case you have to flee:
 - Important papers such as birth certificates, social security cards, driver's licence, divorce papers, lease or mortgage papers, insurance information, school and medical records, welfare and immigration documents, court documents.
 - Credit cards, bank account number.
 - Some money.
 - Extra set of keys – for car, house and work.
 - Medications and prescriptions, including those for children.
 - Phone numbers and addresses for family, friends, doctors, lawyers and community agencies.
 - Clothing and comfort items for you and the children.
 - Photographs and other items of sentimental value, such as jewellery.
- Take identification that might help others to protect you from the abuser, such as a recent photo of the abuser and their car details.
- Talk to children about the possibility of leaving and try to take all children with you, even though long-term arrangements may change.

If you are not living with your abuser

i.e. after separation (in your own home or after moving)

- Seek expert legal advice on child contact, residence applications, and options for injunctions.
- Change phone numbers to ex-directory and screen calls. Save emergency numbers into the phone.
- Change the locks and install a security system, smoke alarms and an outside lighting system.
- Notify neighbours, employers and schools about any injunction, and ask them to call the police immediately if they see the abuser nearby.
- Make sure that schools and those who care for any children know who has authorisation to collect them.
- Employ safety measures before, during and after contact visits, if appropriate.
- Consider changing children's schools, work patterns e.g. hours and mode of transport, and the route taken.
- Avoid banks, shops and other places frequented when living with the abuser.
- Make up a code word for family, colleagues, teachers or friends, so they know when to call the police for help.
- Keep copies of all relevant paperwork (including civil injunctions) and make written records of any further incidents.