

Southall Black Sisters  
020 8571 0800

[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)

Supports the needs of black (Asian and African-Caribbean) women.

Broken Rainbow  
0300 999 5428

[www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

Support for LGBT victims of domestic abuse.

Men's Advice Line  
0808 801 0327

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

Confidential helpline for male victims of domestic violence and abuse.

National Centre for Domestic Violence  
0844 8044 999

[www.ncdv.org.uk](http://www.ncdv.org.uk)

A charity that specialises in providing you with assistance to obtain injunctions from being further abused.

Victim Support Service  
0845 3030900

[www.victimsupport.org](http://www.victimsupport.org)

National charity giving free and confidential help to victims of crime, witnesses, their family and friends.

## Further help and advice

Please visit our website for further information and help

[www.met.police.uk](http://www.met.police.uk)

Domestic Violence Helpline  
0808 2000 247

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Free 24 hour national helpline run by Women's Aid and Refuge.

Ashiana Project  
020 8539 0427 or 020 8539 9656

[www.ashiana.org.uk](http://www.ashiana.org.uk)

Provides temporary, safe housing for South Asian, Turkish and Iranian women aged 16 - 30 experiencing domestic violence. Helps those who may be suffering from violence and threats of violence at the hands of their family or community – honour based violence – or from forced marriage.

Know Where to Go directory

[www.london.gov.uk/knowwheretogo](http://www.london.gov.uk/knowwheretogo)

Directory of support services for women and girls who are victims of violence.

The Iranian and Kurdish Women's Rights Organisation – IKWRO

020 7920 6460

[www.ikwro.org.uk](http://www.ikwro.org.uk)

Provides assistance and support to Kurdish, Farsi and Arab speaking women living in London.

# We are here to protect you

**ABUSE** **DOMESTIC** **VIOLENCE**  
physical sexual psychological  
emotional financial abuse  
**threatened**  
**isolating you**  
**frightened**  
**victim**  
**SUPPORT**  
**AND CARE**  
current or previous partner or  
**CLOSE FAMILY MEMBER**  
our first priority is to  
ensure your safety  
men women **YOU** **SUFFER**  
children **FRIEND**  
**HELP** **advice**  
**YOU**  
**SPECIALIST**  
**YOU ARE NOT ALONE**

Copyright Metropolitan Police Association, December 2011 (DPA).



METROPOLITAN  
POLICE

TOTAL POLICING



## What is domestic abuse?

Domestic abuse affects us all regardless of ethnicity, age, gender or social background.

If you are suffering from physical, sexual, psychological / emotional or financial abuse, or are being threatened, intimidated or stalked by a current or previous partner or close family member, you could be a victim of domestic abuse.

You may be feeling frightened, isolated, ashamed and confused. If you have children it may be that they too are suffering whether they witness abuse or not.

Remember, you are not to blame for what is happening. You are not alone, and above all you do not have to suffer in silence – help is available.



## How can the police help?

If you or someone you know is suffering from abuse you can contact us in a variety of ways.

**☎ Call 999** – If a crime is currently taking place and someone is in immediate danger.

**☎ Call 101** – If you wish to speak to the police and it is not an emergency. Deaf and deafened people using a textphone should dial 18000 in an emergency.

### We are here to protect you

Our first priority is to ensure your safety and that of any children that may be with you. Our officers will ensure that you are dealt with respectfully and spoken to away from the person responsible for the abuse.

If you have been physically injured then it is important that your injuries are examined by a doctor and we will arrange medical care if necessary.

If appropriate, we will arrest the suspect at the time to protect you from further harm and give you time to think. If that's not possible, we will do all we can to locate them. We will take your wishes into account when we decide what to do next. If you are required to give evidence in court at a later date we can support you through this process if you wish.

### We will stay in touch

We will stay in contact with you and see you through the whole investigation. Our aim is to contact you within 24 hours of you reporting the offence to let you know what's happening. We will also give you a dedicated phone number, so you can call us directly to find out how your case is going or talk about anything that might be worrying you.

### Practical help

Tackling domestic abuse is a priority for the Metropolitan Police Service (MPS). Every London borough has a team of specially trained officers who can offer practical advice and support in all areas of domestic abuse. They can also refer you to other sources of emotional and practical support such as victim services, advocacy support and other partner organisations who may be able to help you.

We also work closely with specialist non-police advisors who can assist you with other related issues you may have such as housing, injunctions, counselling or financial advice.

The MPS is committed to protecting victims and holding people who commit domestic violence to account.

**If you make the call, we'll make it stop.**