

a world  
without  
domestic  
abuse.

## Call us

if your partner or someone  
you are living with is harming  
you or your children.

We are a charity and need your help to  
carry out our valuable work.  
Please visit our website and donate  
anything you can. [Thank you.](#)

## In an emergency call 999



**STOP  
DOMESTIC  
ABUSE**



Stop Domestic Abuse is an innovative and  
unique provider of all services to those  
affected by domestic abuse.

We don't just protect and work with victims,  
we help perpetrators, the police and many  
other organisations.

**Our vision is a world without  
domestic abuse**

Stop Domestic Abuse is the trading name of  
Southern Domestic Abuse Service  
Registered Charity Number 1146773.

# Domestic Abuse happens to men too.

Do you need support  
and advice?

**We offer a confidential support  
service to everyone affected  
by domestic abuse**

[stopdomesticabuse.uk](http://stopdomesticabuse.uk)

**STOP  
DOMESTIC  
ABUSE**



### Contact Us

#### By phone

Hampshire: 0330 016 5112  
Portsmouth: 023 9206 5494

#### By email:

[advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)

#### Through Social Media:

@southerndas  
#stopdomesticabuse

# What is domestic abuse?

Domestic abuse is a pattern of abusive and controlling behaviour.

The abuser seeks power over their victim. And it's rarely a one-off event.

## It comes in many different forms

- Psychological or emotional abuse
- Physical abuse or violence
- Financial abuse
- Sexual abuse
- Emotional abuse
- Being made to do things you don't want to
- "Honour" based violence

## Stop Domestic Abuse

Domestic abuse usually happens in the home, in what may seem like a loving relationship, and is often committed by people we trust the most.

But victims are from both genders – it doesn't just happen to women. Men and children can be victims too.

And some people may experience domestic abuse from other members of their family.

It can affect anyone regardless of their ethnicity, age, gender or gender identity, sexuality or social background.

We offer support to everyone affected by domestic abuse

If you think you are a victim of domestic abuse, take time to consider your options.

Most people like to talk to someone supportive while they consider what they want to do.

If you are a victim we can give you support, advice and information.

We can help you build a safer life.

We realise how difficult it is for men experiencing domestic abuse to know who to approach for advice and support. You may feel that no-one will believe you or take your fears seriously. Our trained staff are here to listen and look at ways of supporting you.

## REMEMBER...

You are not responsible for the abuse.

Your partner does not have to abuse you.

Most abusers try to blame their partners for their behaviour.

Domestic abuse is not always about physical abuse.

Any form of abuse can leave you fearful, scared, hurt and feeling trapped.