

IF YOU ARE:

at **risk** of being cut
in **trauma** after being
cut and **seeking help**,
in need of **advice**

WE CAN HELP

How we can help:

At Stop Domestic Abuse we understand the trauma that can result from FGM/C. We also understand that women and girls could live in fear of being cut, or being forced to cut their daughters against their will. We provide **1-2-1 sensitive, emotional support** to survivors of FGM/C who come forward. We also empower women and girls to make decisions about their own bodies by providing them with information about their rights, protection and the law.

Stop Domestic Abuse provides sensitive and approachable staff of BME origin so do not hesitate to contact us.



Although FGM/C is often done with good intentions, it is child abuse in the UK. FGM/C is illegal, with a maximum penalty of 14 years in prison for anyone found guilty of the offence. It is also illegal to take a British national or permanent resident abroad for FGM/C, to help someone trying to do this or to fail to protect a girl from the risk of FGM/C.



For support, referral, or more information
contact Stop Domestic Abuse at
PO BOX 53 Havant PO9 1UA
call our advice line **0330 0533 630**
or email helin.khan@stopdomesticabuse.uk

*Female Genital Mutilation/
Cutting (FGM/C) includes the
partial or total removal of the
female external genitalia for
non-medical reasons.*

HEALTH COMPLICATIONS INCLUDE:

- Severe pain and shock
- Urine retention
- Injury to adjacent tissues
- Fracture or dislocation as a result of restraint
- Haemorrhage
- Infection
- Death
- Extensive damage of the external reproductive system
- Infertility due to infections
- Pelvic pain
- Uterus, vaginal and pelvic infections
- Complications in pregnancy and child birth
- Difficulties in menstruation
- Urinary tract infections (UTIs)
- Anger at the person who performed FGM/C or arranged for FGM/C to be carried out.
- Feelings of not being a 'whole' or a 'normal' girl or woman
- Emotional distress, fear, and feelings of helplessness
- Difficulties in sexual relations due to pain associated with FGM/C
- Flash backs, nightmares, anxiety and depression for a long time after FGM (known as Post Traumatic Stress Disorder, PTSD)

This leaflet has been produced by Stop Domestic Abuse in association with the Community Development Workers Team (BME Mental Health and Wellbeing) Solent NHS Trust, and the Guinea Community of Portsmouth Group. The project is supported by The Office of the Police Crime Commissioner, Hampshire and Isle of Wight.

*Telephone
for advice*

0330 0533 630



**STOP
DOMESTIC
ABUSE**



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

Our vision is a World without domestic abuse

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

SUNNA
 NIKA KUYANGO MEGREZ
 BONDO FANADU DI KUTARIWAS
 FGM/C MINDJER ICHANA
 MUSOLULA KHITAM
 KAROOLA
 KHIFAD IBI MEKHNISHAB
 GUDINIIN HALALAYS
 QODIIN ABSUM UGWI
 THARA TAHOOR



*Is it
the best
thing for
you and
your family?*

**STOP
DOMESTIC
ABUSE**