

WHAT IS DOMESTIC ABUSE?

A kick, a punch, a push? Often it's more complicated. Violence, control, intimidation and isolation are all forms of abuse.

One in three women and one in six men experience some form of domestic abuse, but it isn't only physical violence.

Controlling what someone wears, their money, where they go, who they talk to is just as damaging and is abuse.

Sometimes these behaviours might start off small, but they can quickly escalate into abuse.

Domestic abuse is very common and anyone can be a victim. There's no single reason why domestic abuse occurs. It can affect men and women in both straight and gay relationships, and it happens between people regardless of culture, religion, age or class. Child-on-parent abuse or sibling-on-sibling abuse are also forms of domestic abuse.

Children are affected by what they see & hear, or just from living in an environment where domestic abuse takes place.

DOES THAT SIT RIGHT WITH YOU?

We know that domestic abuse is under-reported with many people suffering in silence, not knowing where to turn for help and advice.

The message to anyone who is suffering abuse is: you are not alone, we are sitting right with you. There is support available, whether you want to involve the police or not.

HOW DO I GET HELP?

You don't have to report it to the police, but it is a crime for someone to abuse you – whether they are your partner, a family member or someone you share your home with. If you do choose to speak to the police, you can contact Greater Manchester Police on **101**. Your report will be dealt with by specially trained officers who can and will offer the help and support you need. If you are in immediate danger, call **999**.

Whether you report it to police or not, help and support is available. If you're worried about yourself, or someone you know, you can call **0161 636 7525** or contact one of the local services listed in this leaflet.

MARCH 2020

**DOMESTIC
ABUSE**



**DOES THAT
SIT RIGHT WITH YOU?**

INFORMATION AND CONTACT NUMBERS

STOCKPORT

If you're worried about yourself, or someone you know, visit www.SittingRightWithYou.co.uk

#SittingRightWithYou

POLICE, COURTS AND PROBATION SERVICES

GREATER MANCHESTER POLICE - You can access many of our services online at gmp.police.uk
For emergencies only call 999, or 101 if it's less urgent - www.gmp.police.uk

STOCKPORT PROBATION (Manages and rehabilitates offenders released from custody)
Tel: 0161 933 6100

STOCKPORT NATIONAL PROBATION SERVICE (NPS) and CHESHIRE & GREATER MANCHESTER
COMMUNITY REHABILITATION COMPANY (CRC) manage and rehabilitate offenders subject to
community sentences or prison licences). NPS Tel: 0161 933 6100. CRC Tel: 01442 296 011.

STOCKPORT COUNTY COURT AND FAMILY COURT (including magistrates) Tel: 0161 477 2020
The Courthouse, Edward Street, Stockport, SK1 3DQ

MANCHESTER AND SALFORD MAGISTRATES COURT (for remand cases) Crown Square,
Manchester M60 1PR Tel: 0161 830 4200

MANCHESTER CIVIL JUSTICE CENTRE Tel: 0161 240 5000

YOUTH JUSTICE & TARGETED YOUTH SUPPORT (working to prevent abuse and violence offending
with under 18's) 0161 474 4744

STOCKPORT FAMILY SERVICES

MASSH (MULTI-AGENCY SAFEGUARDING & SUPPORT HUB)
(Advice and reporting concerns about children) Tel: 0161 217 6028

ADULT SOCIAL SERVICES (Advice and reporting concerns about adults) Tel: 0161 217 6029
Out of hours service for children and adults: Tel: 0161 718 2118 - <https://www.stockport.gov.uk>

VICTIM SERVICES

GREATER MANCHESTER VICTIMS' SERVICES (Website providing useful information and practical
advice for victims and survivors of crime, and their families). www.gmvictims.org.uk

STOCKPORT VICTIM SUPPORT (Help for victims who have been victim of or affected by a crime)
0161 200 1950, 24 hour helpline 0808 16 89 111 - www.victimsupport.org.uk

STOCKPORT SAMARITANS (A safe place to talk, you don't have to be suicidal)
Tel: 116 123 Free from any phone or 0330 094 5717 - www.samaritans.org

CITIZENS ADVICE STOCKPORT - (Impartial, confidential, and independent advice and information on
Benefits, Money, Family, Housing and Employment). 0300 3309 075 - www.castockport.org.uk

SPECIALIST DOMESTIC ABUSE SERVICES

STOCKPORT WITHOUT ABUSE (A charity offering a range of services for individuals and families
affected by domestic abuse and a refuge) Tel: 0161 477 4271 - www.stockportwithoutabuse.org.uk

THE PREVENTION ALLIANCE (work with Stockport residents who wish to create safe positive
relationships, this includes men and women who have or are experiencing domestic abuse)
Tel: 0161474 1042 - Stockportpa.co.uk

GREATER MANCHESTER DOMESTIC ABUSE HELPLINE - NATIONAL WOMEN'S AID DOMESTIC ABUSE
HELPLINE (24/7 domestic abuse helpline) Tel: 0808 2000 247 Greater Manchester Domestic Abuse
Helpline: 0161 636 7525

INDEPENDENT CHOICES (For women who are experiencing or have experienced domestic abuse,
LGBT specialists and language services) Tel: 0161 636 7525 - www.domesticabusehelpline.co.uk

STOCKPORT WOMEN'S CENTRE (Services for women in need of support with Domestic abuse)
Tel: 0161 355 4455 - www.stockportwomenscentre.co.uk

MEN'S ADVICE LINE (A service for men experiencing domestic abuse)
Tel: 0808 801 0327 - www.mensadvice.org.uk

MANKIND (for male victims of domestic abuse) Tel: 01823 334244 - www.mankind.org.uk

KARMA NIRVANA (Supporting victims of honour-based abuse and forced marriage)
Tel: 0800 5999 247 - www.karmanirvana.org.uk

BEHAVIOUR CHANGE

RESPECT (A confidential and anonymous helpline for anyone concerned about their violence and/or
abuse towards a partner or ex-partner) Tel: 0808 802 4040 - www.respectphoneline.org.uk

BRIDGING TO CHANGE (changing domestic abuse behaviour).
Tel: 0161 872 1100 - www.talklistenchange.org.uk

START (support with healthier lifestyle changes)
Tel: 0161 474 3141 - www.healthystockport.co.uk - Email: START@Stockport.gov.uk

OTHER SUPPORT

NATIONAL STALKING HELPLINE - 0808 8020300 - suzylamplugh.org

STOCKPORT AND DISTRICT COMMUNITY MENTAL HEALTH TEAM (MIND) (Offering friendly,
accessible support and information to people in mental distress and working with others to promote
well-being in the local community). Tel: 0161 480 7393 - www.stockportmind.org.uk

THE PREVENTION ALLIANCE (Offers adults and families information and advice, and work alongside
people on a one to one basis whilst they improve their wellbeing) 0161 474 1042 - Stockportpa.co.uk

MANCHESTER RAPE CRISIS (Confidential support service for women and girls who have been
raped or sexually abused) Tel: 0161 273 4500 - www.manchesterrapecrisis.co.uk

ST MARY'S SEXUAL ASSAULT REFERRAL CENTRE (If you have been raped or sexually assaulted,
help to recover from physical and emotional effects - current and historic)
Tel: 0161 276 6515 - www.stmaryscentre.org.uk

BOAZ TRUST (accommodation and support for destitute asylum seekers and refugees)
Tel: 0161 202 1056 - www.boaztrust.org.uk

THE GUARDIAN PROJECT (Safeguarding and supporting girls affected by FGM.
Tel: 07449 651 677

HOUSING

STOCKPORT HOMES (Manage the housing stock owned by Stockport Council) Tel: 0161 217 6016
www.stockporthomes.org. For homeless emergency outside our opening hours,
please call 0161 474 2818

SECURITY AND SAFETY

GREATER MANCHESTER FIRE & RESCUE SERVICE (offer Safe & Well visits to identify and provide
advice about fire risks in the home and discuss the health and wellbeing of everyone in the
household). Tel: 0800 555 815

CRIME PREVENTION PAGES

See the advice and information page about domestic abuse www.gmp.police.uk