



WE
BELIEVE
YOU





Domestic abuse effects 1 in 4 women and 1 in 6 men in their lifetime



FEW WILL EVER TALK ABOUT IT



BAME victims typically suffer abuse for 1.5 times longer before getting help than those who identify as White British*

Why is this?

Fear of not being believed is just one of the many barriers to disclosure. There's also fear of retaliation, financial concerns, protection of family honour, self-blame, feelings of shame, fear of Social Services involvement, embarrassment, and victim blaming attitudes in society.

It's not surprising that so few people disclose their abuse.

You are not alone. When you feel ready to talk, the organisations signposted below will listen to and believe you. They are ready to help...



ARE YOU READY TO TALK?

Savera UK

Confidential helpline and support for anyone at risk of harmful practices, including 'honour' abuse and female genital mutilation (FGM).

0800 107 0726

Amadudu

Refuge for women and children fleeing domestic abuse, prioritising the needs of Black and racial minority women and children.

0151 734 0083

MDVS

Merseyside Domestic Violence Services provide help for women and men, including male perpetrators actively seeking change.

07780 948 890

LDAS

Liverpool Domestic Abuse Service offers advice, advocacy, BME services, forced marriage advice and dedicated support.

0800 084 2744

Refuge

Freephone national domestic abuse helpline. Refuges, culturally specific services, support in the community and child support workers.

0808 2000 247

Galop

LGBT+ anti-violence charity. Hate crime, domestic abuse and sexual violence support via telephone, email, text and WhatsApp.

0800 999 5428

Emergency call 999—tap 55 if you are unable to talk

