

Domestic Abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. But it isn't just physical violence – domestic abuse includes emotional, physical, sexual, financial or psychological abuse.

Abusive behaviour can occur in any relationship. It can continue even after the relationship has ended. Both men and women can be abused or abusers.

Domestic abuse can seriously harm children and young people. Witnessing domestic abuse is child abuse, and teenagers can suffer domestic abuse in their relationships.

More information about keeping children safe from domestic abuse can be found here:

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

If you're an adult experiencing domestic abuse, there are organisations that can help.

- [Relate](#)
0300 003 0396
You can talk to Relate about your relationship, including issues around domestic abuse.
- [National Domestic Violence Helpline](#)
0808 2000 247
A 24 hour free helpline run in partnership between Women's Aid and Refuge.
- [Men's Advice Line](#)
0808 801 0327
Advice and support for men experiencing domestic violence and abuse.
- [National LGBT+ Domestic Abuse Helpline](#)
0800 999 5428
Emotional and practical support for LGBT+ people experiencing domestic abuse.