

## Advice and support

- If you are affected by domestic violence and abuse or you are concerned about someone you love, for advice and support call:
  - **National 24hr Domestic Violence Helpline** 0808 2000 247
  - **The Portal** – support in Brighton and Hove and East Sussex 0300 323 9985
  - **West Sussex Domestic Abuse Hub** 03302 228181
  - **National LGBT Domestic Violence Helpline** 0300 999 5428
  - **Men's Advice Line** 0808 801 0327
- And if you are concerned about your own violence and abuse towards your partner or ex-partner you can call the confidential and anonymous **Respect Phone Line** 0808 802 4040.

## General support

- For general medical advice please use the NHS website, the NHS 111 service, walk-in-centres, or your GP.
- The **NHS** website provides online health information and guidance [www.nhs.uk](http://www.nhs.uk)
- The **NHS 111** phone line offers medical help and advice from trained advisers supported by nurses and paramedics. Available 24 hours a day. Calls are free from landlines and mobile phones.
- There are walk-in and urgent treatment services at Brighton Station, in Crawley and at Lewes Victoria Hospital. [www.bsuh.nhs.uk/services/ae/](http://www.bsuh.nhs.uk/services/ae/)
- **Patient Advice and Liaison Service (PALS)** can be contacted with your comments and concerns, and to provide general support. [PALS@bsuh.nhs.uk](mailto:PALS@bsuh.nhs.uk)  
RSCH: 01273 664683.  
PRH: 01444 448678  
PALS, Royal Sussex County Hospital, Eastern Road, Brighton BN2 5BE

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Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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Brighton and Sussex  
University Hospitals  
NHS Trust

# Domestic Violence and Abuse Advice leaflet

### Emergency Department

Royal Sussex County Hospital  
Level 5, Thomas Kemp Tower,  
Eastern Road, Brighton BN2 5BE  
01273 696955 extn. 64261

Princess Royal Hospital  
Lewes Road, Haywards Heath RH16 4EX  
01444 448745

[www.bsuh.nhs.uk](http://www.bsuh.nhs.uk)



## Overview

### Domestic abuse is a health issue

- Victims of domestic violence and abuse may experience the following: suicidal thoughts/attempts, depression, low self-esteem, post-traumatic stress disorder, drug & alcohol dependency and repeated physical injuries.
- An estimated 7.5% of women (1.2 million) and 4.3% of men (713,000) experienced domestic abuse in the year ending March 2017 - *The Crime Survey for England and Wales*.
- **Abusive behaviour is a choice made by the abuser. It is never your fault.**
- If you wish to talk to someone about domestic abuse please talk to a member of staff who can help you to find support.
- If you don't feel able to approach a member of staff, please contact the helplines overleaf for advice and support.

## Domestic violence

### How is it defined?

- Domestic violence is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members.
- This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial, and emotional.

### Controlling behaviour

- Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

### Additionally

- Domestic abuse also includes so called honour-based violence, female genital mutilation and forced marriage.

## Types of abuse

### These include ...

- **Psychological abuse:** constant criticism and bullying, stalking and harassment, manipulating you into doubting your sanity.
- **Physical abuse:** inflicting or attempting to inflict physical injury, withholding resources needed to maintain health.
- **Sexual abuse:** coercing or attempting to coerce any sexual contact without consent, undermining your sexuality;
- **Financial abuse:** making you financially dependent, taking out loans in your name, preventing you from getting or keeping a job, taking or destroying your possessions;
- **Emotional abuse:** shouting, threatening to harm you, humiliating, intimidating, restricting where you can go or who you can see.
- Domestic violence and abuse can happen to anybody regardless of age, disability, gender identity, race, religion, status, belief or sexual orientation.