



Did you know that it's NOT just women who are affected by Domestic Abuse?

1 in 6 in men nationally are affected too and it's particularly under reported within same sex relationships

Supporting victims of this **Crime** is a high priority for Wigan Council and its Partners. There are lots of initiatives in place to support everyone and help those tipped into crisis into appropriate services.

How you can increase your safety and reduce the risk? There are some things you can do to help you reduce the risk from your abusive partner (or ex-partner). It is important to prepare in advance for times when you may be in danger or are being physically or verbally abused:

- 1.** Keep a record of dates and times of all incidents. If you have been injured, get medical attention from Accident and Emergency (A & E) or you're GP and they will make notes of your injuries.
- 2.** Keep your phone fully charged and on you at all times and your credit topped up - in case you need to make emergency calls.
- 3.** Talk to a friend or family member about what's been happening.
- 4.** Keep your passport and copies of important documents in a safe place (with a friend or relative). E.g. driving licence, bank accounts
- 5.** Think about giving a code word to a friend, so that if you are in trouble they can ring the police
- 6.** Think about telling your employer about your situation, they may be able to help by changing your work patterns or give you time off to see a solicitor
- 7.** Always report Domestic violence, abuse or criminal damage to the Police.

Do not retaliate - it's not safe!

For more information, confidential advice or someone to talk to.. Call the Men's Advice line freephone 0808 801 0327 (free from landlines and most mobiles)

Monday - Friday 9am-5pm or email info@mensadviceline.org.uk
www.mensadviceline.org.uk