

What can I do?

If you are in an abusive relationship it is important that you think about your safety whether you decide to remain in the relationship or not.

Contact your local domestic violence service

we can help you, we can talk to you about your situation in confidence, we can help you to be safe.

Agencies who can help

Broken Rainbow

www.brokenrainbow.org.uk

0300 999 5428

(0300 numbers are charged at local rate, and may show up on your itemised bill - please check before calling)

You can also call freephone number 0800 999 5428

Next Link Domestic Abuse Services

www.nextlinkhousing.co.uk

Tel: 0117 925 0680

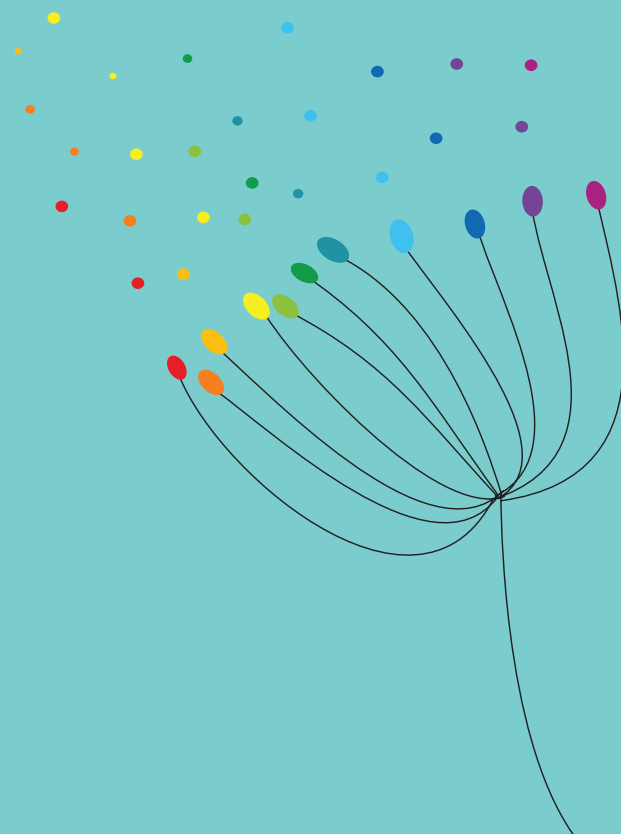
24hr freephone National Domestic Violence Helpline (Women's Aid and Refuge)

0808 2000 247

Domestic abuse and same sex relationships



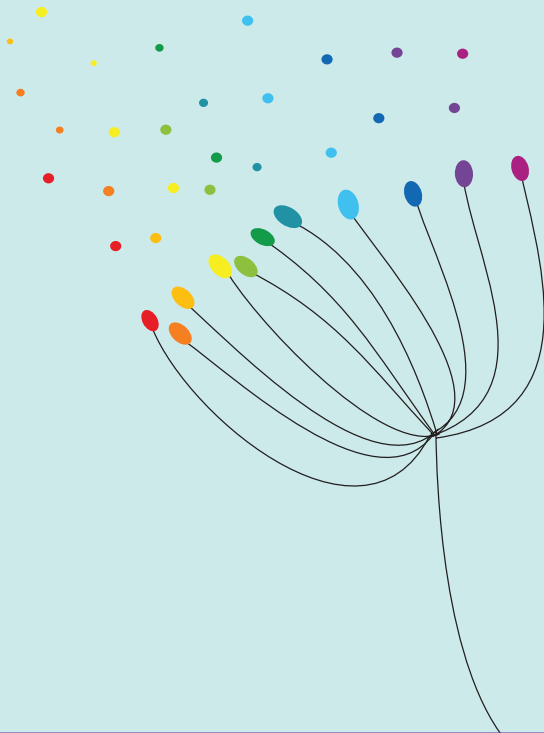
Domestic violence occurs
in 1 in 4 same sex
relationships.



What is domestic violence?

Domestic violence is a pattern of controlling behaviour that escalates in frequency and severity.

It can include (but is not limited to) physical, emotional, sexual and or financial abuse, within the context of an intimate or family relationship.



How do I know I am in abusive relationship?

Are you in a relationship with someone who:

- Isolates you from your friends and family
- Isolates you from the LGBT community
- Threatens to “out” you to friends family and work colleagues
- Prevents you from practicing safer sex
- Makes you do things you don’t want to do like drink too much or take drugs
- Is excessively jealous and controlling
- Pressurises you to have sex
- Threatens to kill themselves if you leave
- Physically harms you or makes you feel afraid
- Criticises you for not being a “real lesbian, gay, bi, trans person”

If you answered **yes** to any of the above you could be in an abusive relationship.