



# DOMESTIC ABUSE



## What is Domestic Abuse

Domestic abuse is when someone threatens, bullies, or hurts someone in their family or their relationship. Sometimes it's called domestic violence, but someone doesn't need to physically hurt you to be abusive-Childline. It can range from behaviours such as controlling, coercive, threatening, degrading and violent behaviour, including sexual violence. Domestic abuse is not secluded to one gender, according to Refuge 93% of defendants in domestic abuse cases are male; 84% of victims are female.

*Scan to see examples of the different forms of domestic abuse.*



## What is the 16 Days of Action

It is a global campaign that has the goal of raising awareness and acting to end domestic violence gender-based abuse. From the 25th November until 10th December, individuals, organisations and communities unite to advocate for a world free from violence. The campaign emphasises the need for gender equality, the eradication of violence against women, and the protection of human rights.

*For more information scan to visit UN Women.*



*To see what Lincolnshire are doing to support the campaign, scan to visit Lincolnshire Police for more information.*



## Where to get support if you are a victim

If you believe you are experiencing domestic abuse and need support, there are multiple options open no matter where you live. These can provide emotional and practical support, safety planning, legal advice and even refuge.

At college, we want to empower and give you back the control you may feel you've lost. We can support you in accessing support, contacting the police and advocating for you. If you are in immediate danger, please call 999 immediately. If you are in a position where you cannot talk, dial 999 then 55 when prompted.

*For more information please scan to visit Lincolnshire Police.*



## What to do if you are concerned about someone else

Anyone can report domestic abuse, if you have concerns that a colleague, friend or family member is a victim you can report. However, understandably it can be difficult to know what to do in these situations so please talk to a professional or trusted adult with your concerns.

That being said, if you are worried about someone you know, you can call the National Domestic Abuse Helpline for a free and confidential advice, 24 hours a day on 0808 2000 247, even if you are not the victim yourself. If someone is in immediate danger, please ring 999 and speak to the police.

If a colleague, friend, family member or someone does express they are a victim of domestic abuse.

*Please scan for tips from the domestic abuse charity.*



## Are you worried about your own abusive behaviour

When it comes to your own behaviour, it can be difficult to accept. Once you have accepted what you are doing, changes can be made to support you and ensure people around you are safe. Often people excuse their own behaviour by minimising what they are doing: "It's not that bad", "They wound me up", "It's only banter. Acknowledging this and taking responsibility is a positive step in the right direction in changing your behaviour.

## Places that can help if you are worried about your own abusive behaviour

Speak to the safeguarding team at college via 07580 975854 or email [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk) for support.

*Please scan to visit respect phonenumber which provides help for domestic violence.*



### **January support in stopping Domestic Abuse**

In January to launch alongside “You Matter” Lincoln College will be showing their support in Stopping Domestic Abuse. During this month both staff and students will be encouraged to wear orange as a symbol of solidarity and to visually show support for ending domestic abuse. During this month the college will be hosting a multiple different speaking events as well as workshops.

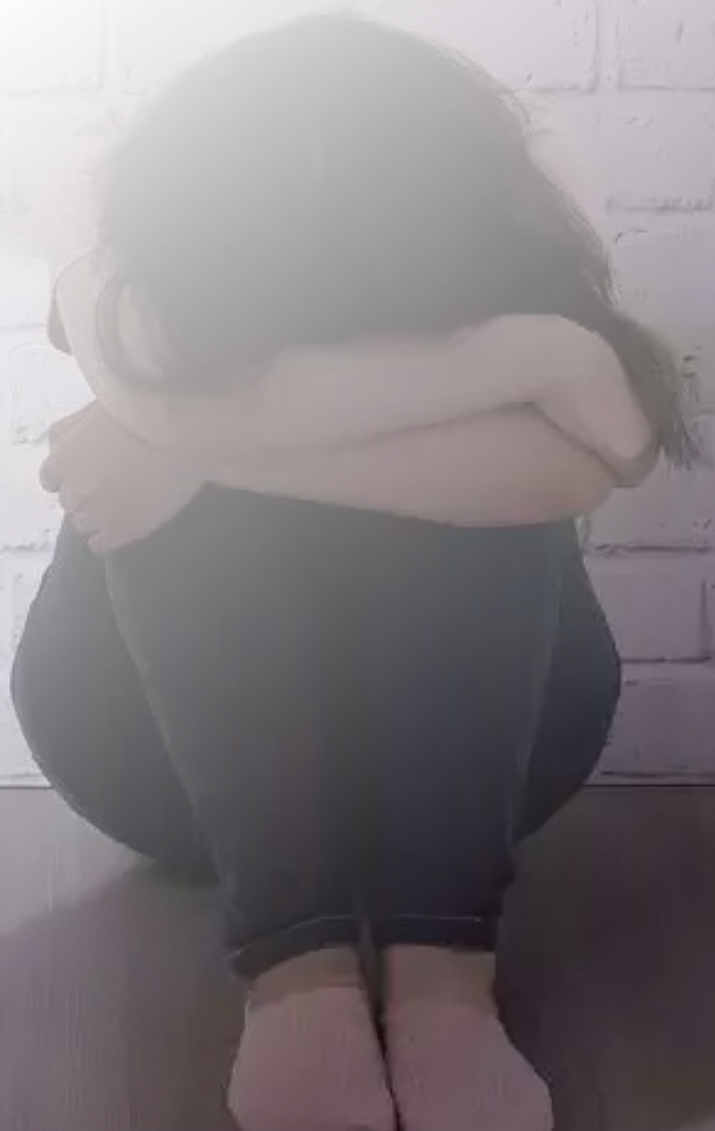
The safeguarding team will be launching a campaign around domestic abuse in January to continue in raising awareness and providing support.

In the meantime, there are steps you can take yourself to showcase your support in ending domestic abuse.

- **Raise awareness:** Use your voice to raise awareness about domestic violence, its impact, and the importance of supporting survivors.

- **Educate Yourself:** Learn more about the root causes of domestic violence, its consequences, and how to recognise and prevent it. Speak to student services, progress coaches, staff members and safeguarding to educate yourself further

- **Advocate for change:** Advocate for polices and legislation that protect survivors and promote gender equality.



# SAFEGUARDING SUPPORT & ADVICE INFORMATION

**Lincolnshire Rape Crisis** - 0800 33 4 55 00 | [www.lincolnshirerapecrisis.org.uk](http://www.lincolnshirerapecrisis.org.uk)  
**Nottinghamshire Sexual Violence Support** - 0115 941 0440 | [www.nottssvss.org.uk](http://www.nottssvss.org.uk)  
**SARCS (Sexual assault support 18+ Lincs)** - 01522 524402 | [www.springlodge.org](http://www.springlodge.org)  
**SARCS (Sexual assault support 18+ Notts)** - 0845 6001588 | [www.topazcentre.org](http://www.topazcentre.org)  
**Hate Crime** - 0800 1381625 | [www.stophateuk.org](http://www.stophateuk.org)  
**Police** - 101 non emergency - 999 emergency  
**Lincolnshire Children's Social Care** - 01522 782111  
**Lincolnshire Adult Social Care** - 01522 782155  
**Notts Multi Agency Safeguarding Hub (MASH)** - 0300 500 80 90  
**LDASS** - 01522 510041 | [www.ldass.org.uk](http://www.ldass.org.uk)  
**Shelter (Housing/homeless advice)** - [www.shelter.org.uk](http://www.shelter.org.uk)  
**Horizon** - [www.turning-point.co.uk](http://www.turning-point.co.uk)  
**CAMHS online mental health resources** - [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)

**Safeguarding Team** 07580 975854 | **Email** [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk)

# MENTAL HEALTH SUPPORT & ADVICE INFORMATION

**Single Point of Access** (Mental Health Support) - Lincs 0303 123 4000 | Notts 01777 274 422  
**CASY – Counselling Service Under 25's** (Notts & Lincs) - 01636 704620  
**Young Minds** (Mental Health Support Under 25's) - [www.youngminds.org.uk](http://www.youngminds.org.uk)  
For urgent help text YM to 85258  
**Mind (mental health support)** - [www.mind.org.uk](http://www.mind.org.uk) - 0300 123 3393 text 86463  
**NHS Talking Therapy Services (Notts 18+)** - 0300 555 5582  
**Online Counselling Service** - Kooth.com (Under 25's Lincs only)  
**Samaritans** - [www.samaritans.org](http://www.samaritans.org) | 116 123  
**Lincs Suicide Safe** - [www.lpft.nhs.uk](http://www.lpft.nhs.uk)  
**CRISIS Team 18+** - 01522 573648  
**CRISIS Team Newark & Sherwood** - 0300 3000 131 or 01159 560860  
**Self Harm UK** - [www.selfharm.co.uk](http://www.selfharm.co.uk)  
**NHS Non emergency** (mental health assessment) - 111 **Emergency** - 999  
**Shout** (free support in crisis) Text Shout to 85258 [www.giveusashout.org](http://www.giveusashout.org)  
**Juno Nottinghamshire** - [www.junowomainsaid.org.uk](http://www.junowomainsaid.org.uk)  
**Student Services** 01522 876000 | **Email** [studentservices@lincolncollege.ac.uk](mailto:studentservices@lincolncollege.ac.uk)

If you have any safeguarding concerns or worries,  
please contact the Lincoln College  
Safeguarding Team on 07580 975854  
between 8:30 – 4:30  
You can also email [safeguarding@lincolncollege.ac.uk](mailto:safeguarding@lincolncollege.ac.uk).

