

What is domestic abuse?



Domestic abuse is when a partner or ex-partner:

Tries to control you or control your life,

Makes you do things you don't want to do,

Threatens you,

Treats you in a way that is humiliating and disrespectful,

Is violent towards you, including sexual violence.

Domestic abuse can be one or more of these things

Most of the time, domestic abuse is experienced by women and caused by men.



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Anyone can be a victim of abuse.



It does not matter how old someone is,

what race or ethnicity they are,

if they are rich or poor,

if they have an impairment or disability,

if they are a parent.



Often when people think of domestic abuse they think of physical violence,

but domestic abuse is very often so much more than that.



The person might not have any physical injuries or scars but they are still being abused.



No one kind of abuse is more serious than any other.



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Where to get help:

If you or someone you know needs help, support is available.



You should not hold back because of the ongoing pandemic.

You do not have to wait to get the support and help you need.



Here are some numbers that you can call if you or someone you know needs help:



Scotland's Domestic Abuse Helpline

08000271234

This line is open 24 hours a day, 7 days a week.



Rape Crisis Scotland

08088010302

For anyone who has been affected by sexual violence.



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Here are some more numbers and ways to make contact for help:

AMIS



Abused Men in Scotland

Call 03300 949 395

For men suffering from domestic abuse.



Police Scotland

Call 999

For emergencies.

Call 101

to report domestic abuse when it is not an emergency.



If you are in danger call 999 but if it is not safe to speak then try to respond to instructions by tapping or making a noise.

If you call from a mobile you may be asked to press 55. This lets the operator know that it is an emergency.



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Disclosure Scheme for Domestic Abuse Scotland



You have the right to ask Police Scotland if your partner or ex-partner has been abusive in the past.



If you are concerned for a friend or family member you can also ask Police Scotland if their partner has been abusive in the past.



You will need to fill in a form to make the request.

You can call 101 to request the form

Or click on this link



[Disclosure Scheme for Domestic Abuse Scotland | Police Scotland](#)



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Here are more ways to say what is happening to you and ask for help:



It might be difficult to call or access support from home.

You can visit any Boots pharmacy and ask to use the consultancy room.

In this room, there will be information about support services and you can make the call safely.



Women's Aid

Help and support is available at Women's Aid groups. You can find your local group by visiting

www.womensaid.scot



This document was made by People First (Scotland) in partnership with the Scottish Commission for Learning Disability and Scottish Government.