

CIH Make a stand pledge

Domestic abuse can affect men and women of any age, from any culture or religion, in a heterosexual or same sex relationship, or not in a relationship at all, living with or apart from their abuser.

The abuse could be physical, psychological, sexual, financial or emotional, or could be in the form of 'honour' based violence, including forced marriage or female genital mutilation (FGM).

It's rarely a one-off incident and tends to get worse over time.

If you feel you are a victim of any form of domestic abuse, or feel at risk, we can offer you a range of advice and support. Domestic abuse is unacceptable and we'll take firm action against those responsible.

But if you feel in immediate danger, please contact the police by calling 999.

Please also [contact us](#) or talk to the housing team, so we can refer you to specialist organisations who can offer you support and advice.

You can also ring the [National Domestic Violence](#) helpline on **0808 2000 247**. Refuge specialise in supporting women suffering domestic abuse, and [ManKind Initiative](#) specialise in supporting men.

How can we help?

We'll keep in regular contact with you and keep a log of everything you tell us.

We can give advice and support on restraining orders and injunctions and make referrals to other agencies. We'll work closely with those agencies to make sure you get the help you need.

If you need to leave your home, we can help you find a safe place to live. If you want to stay at home, we can provide additional security measures. We can also give you advice on applying for benefits and help you fill out the forms.

You can report incidents of domestic abuse by:

- Calling us on
- Talk to a trained member of our team, please contact us between 8am - 6pm and someone will get back to you within one working day.
- National Domestic Violence helpline on **0808 2000 247**

[Find out how to cover your tracks by clearing your web browser history](#)