



“ We’re free, we’re safe,  
we have a new life. ”

You don't have to face  
domestic abuse alone

[www.wakefield.gov.uk/SaferTogether](http://www.wakefield.gov.uk/SaferTogether)

Call WDDAS on 0800 915 1561 (freephone)

wakefieldcouncil



## If you are experiencing domestic abuse, please know you are not alone, there is support available in the Wakefield District.

You may feel trapped, controlled, hopeless, scared, or worried. Domestic abuse can happen to anyone at any time regardless of gender or sexuality. Domestic abuse isn't just about violence, it can involve different types of behaviour and ill treatment, such as:



- **Coercive control** - this could include tracking your movements and being controlling of your behaviour.
- **Physical abuse** - this is usually violent abuse that can hurt you or make you feel afraid.
- **Emotional abuse** - this could be threatening behaviour, constant criticism or humiliation or using your sexuality against you.
- **Sexual abuse** - this might include refusing to practise safe sex, controlling contraception, rape or sexual violence.
- **Economic abuse** - stealing money from you, running up debts in your name, restricting your access to your own money or preventing you from working.
- **Forced marriage** - being forced to marry someone you do not choose or agree to.
- **'Honour' based abuse** - this could be someone in your family abusing you and defending their actions due to maintaining 'honour'.
- **Female genital mutilation** - often known as FGM. This is the damage of, removal or partial removal of female genitalia for non-medical reasons.

If you are unsure of the support you may need, call our friendly team for help on freephone **0800 915 1561** or visit our website **[www.wakefield.gov.uk/](http://www.wakefield.gov.uk/)** **SaferTogether**

## Wakefield District Domestic Abuse Service (WDDAS)

When you contact WDDAS you can expect to speak with a trained member of staff over the phone. If you feel you need to speak to someone face to face, they can arrange this. If English is not your first language, they can arrange for an interpreter.

They will talk to you about your current situation and ask questions about your circumstances. You don't need to share anything you don't want to and can stay anonymous if you would prefer.

The helpline team will discuss with you anything you need to do to keep yourself safe immediately. This could include emergency lock changes. They will also discuss with you your next steps and will give you information about other services that can support you.



## Specialist Domestic Abuse Practitioners (SDAP)

Our team of SDAP's provide 121 support for victims of domestic abuse. They will complete an Individual Safety and Support Plan (ISSP) with you. This will explain the support offered to you. This will include WDDAS and other services, but support may include:

- **Safety planning and advocacy, which means we will support you to express your views and wishes.**
- **Housing advice and emotional support.**
- **Support with criminal matters such as attending court and legal orders.**
- **Support to make choices and decisions about your life moving forwards.**
- **Sanctuary assessment to help keep you safe within your home.**

# PETALS

**PETALS** is a friendly support group for women (18+) who have experienced domestic abuse. The group is a safe space for women to come together and speak to others who have been in a similar situation. Together they can build a support network, feel valued and gain confidence for the future.

**PETALS** stands for: **Potential, being Empowered and Together Achieve, and Learn and have Strength.**

The groups also provide information and advice and a range of activities to promote positive wellbeing. There are PETAL groups across the district.

For more information please contact **DAengagement@wakefield.gov.uk**

## You are not alone

You may feel alone in your situation and not even realise that you are experiencing domestic abuse. Making the decision to get help may be difficult, but there are local support services which can provide you with help and advice.

If you are worried about a friend or relative you can also access support services.



For help and support scan the QR code or call WDDAS on freephone **0800 915 1561**

In an emergency always call the Police on **999**.

For non-emergencies call the Police on **101**.

## Support Services

### Wakefield and District Domestic Abuse Service (WDDAS)

Your local support service can provide you with help and advice, and refer you to services that may help you.

Call freephone **0800 915 1561**

Email **domesticabuse@wakefield.gov.uk**

Website **www.wakefield.gov.uk/SaferTogether**

### National Domestic Abuse Helpline

24-hour helpline every day of the year.

Call freephone **0808 2000 247**

Website **www.refuge.org.uk**

### Men's Advice Line

Help line for male victims of domestic abuse.

Call freephone **0808 801 0327**

Website **www.mensadvice.org.uk**