

How we can help

We offer a range of different services to support you and guide you through an abusive relationship:

- emotional support, counselling and specialist programmes
- drop-ins and one-to-one support
- practical support, advice and signposting
- safety planning
- support within the community
- safe accommodation if you need to leave your home
- free legal advice
- opportunities for training, employment support and volunteering

Colchester & Tendring Women's Refuge

Call us from Monday to Friday from 8am to 8pm on

01206 500 585 (option 4) or
07484 081 801

Outside these hours call
03301 025 811

Find out more on our website
www.colchester-refuge.org.uk
or e-mail us
info@colchester-refuge.org.uk

Other useful numbers

National Helpline for Domestic Violence
0808 2000 247

National LGBT Domestic Abuse Helpline
0800 999 5428

Respect
Helpline for male victims of domestic abuse
0808 801 0327



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Advice and help for people experiencing domestic abuse

Phone

01206 500 585

Monday to Friday 8am to 8pm

Outside these hours

03301 025 811

Are you in an abusive relationship or being abused by a family member?

Yes?

In an abusive relationship, an abuser:

- isolates you by stopping you from working or seeing your friends or family
- shouts, screams and smashes things up to get their own way, which frightens you
- regularly sulks or gets in a bad mood
- calls you names and makes you feel ugly and inadequate
- blames everyone and everything for their behaviour but not themselves
- manipulates your children or family to try and control you
- doesn't take their responsibility for being a parent or carer seriously
- sees sex as a right
- has control of all the finances
- tells lies about you to friends and family

If this looks like your relationship, you are probably in need of our services.

No?

In a healthy relationship, your partner or family member:

- is happy
- trusts you and your judgement to make good decisions for the whole family
- is supportive and values your opinion
- compliments you
- encourages you to be independent, supports your ambitions for your career and/or education and the decisions you make
- encourages your family and friends to be part of family life
- will admit to being wrong
- takes their responsibilities for being a parent or carer seriously
- understands that you have a right to say no to sex
- shares financial responsibility
- takes responsibility for their own health and happiness

This is a normal, healthy relationship.

Abuse is not normal or acceptable. A caring relationship should make you feel loved, respected, safe and free to be yourself. An abusive relationship can make you feel scared, controlled and intimidated. If you think you are experiencing domestic abuse, then you probably are.

There are different forms of abuse:

- physical
- psychological/emotional
- financial
- sexual
- coercive control

Domestic abuse does not only happen between male and female partners. It can happen to anyone in an intimate or family-type relationship.

Abusers can be spouses and former spouses, partners, adult children and extended family.

You should not be worried about getting in touch because our service is confidential. You may feel that no-one can help, you might feel ashamed or might not want to say anything because the person has problems themselves. We understand things can be difficult. You might be surprised about what we can help with and that we can often help you to get things changed with very little fuss.