

## USEFUL CONTACTS

**Men's Advice Line** - A confidential helpline for all men experiencing domestic violence by a current or ex-partner. This includes all men - in heterosexual or same-sex relationships. The Men's Advice Line offers emotional support, practical advice and information on a wide range of services for further help and support. The focus is to increase the safety of men experiencing domestic violence (and the safety of their children) and reduce the risk.  
Free phone: 0808 801 0327  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

**ManKind Initiative** - A Confidential helpline is staffed from Monday to Friday 10am - 4pm and 7pm - 9pm. Helpline services for the deaf are provided through Text Relay. Visit [www.textrelay.org](http://www.textrelay.org) for details.  
National Helpline: 01823 334244  
[www.mankind.org.uk](http://www.mankind.org.uk)

**Shelter** - National helpline, very useful searchable database of local housing advice agencies, homeless person's units, local authorities by region.  
Helpline: 0808 800 4444  
[www.shelter.org.uk](http://www.shelter.org.uk)

**Survivors UK** - Information, support and counselling for men who have been raped or sexually abused.  
National helpline: 0845 122 1201, Mon/Tues/Thurs, 7-10pm.  
[www.survivorsuk.org](http://www.survivorsuk.org)

**Parentlineplus** - National charity that works for, and with, parents. Advice on all aspects of parenting, including contact following separation/divorce  
National Helpline: 0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

# DOMESTIC ABUSE HAPPENS TO MEN TOO.

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Domestic abuse takes place within an intimate relationship and forms a pattern of bullying and controlling behaviour. Domestic abuse tends to get more severe and happen more often over time.

**You are not responsible for the abuse.  
There is support available for you"  
K e all have the right to live without the fear of violence or abuse.**

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**If you are in immediate danger, call 999**



**Produced by Southern Domestic Abuse Service**

Registered Charity No 1146773  
[www.southerndas.org](http://www.southerndas.org)  
[www.facebook.com/southerndas](https://www.facebook.com/southerndas)  
[www.twitter.com/southerndas](https://www.twitter.com/southerndas)



**Contact us**

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Email: [info@southerndas.org](mailto:info@southerndas.org)

## What is domestic abuse?

The Government definition of domestic abuse is: Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or are family members, regardless of gender or sexuality. This not only includes physical violence but other types of abuse such as verbal abuse, threatening behaviour, emotional/psychological abuse, financial abuse, sexual abuse, isolation and false allegations. This also includes forced marriage and so called “honour crimes”.

It can happen to any man, no matter what background, age, job, race or sexuality, we are here to give all the support we can. Domestic abuse includes a range of abusive behaviours:

**EMOTIONAL ABUSE** - Belittling, sulking, blaming you for the abuse, degrading you, isolating you from family and friends, minimising the abuse, making unreasonable demands for your attention, blaming you for all the arguments.

**PHYSICAL ABUSE** - Slapping, pushing, shoving, hitting, pinching, punching, grabbing, biting, kicking, using a weapon, burning, strangling, choking, throwing objects, holding down, murder threats and intimidation.

**SEXUAL ABUSE** - Inappropriate and unwanted touching, unwanted sexual demands, hurting you during sex, pressurising you to have sex, sulking if they do not get sex, having unsafe sex, not informing you of any sexually transmitted infections.

**PSYCHOLOGICAL ABUSE** - Falsely accusing you of domestic abuse and reporting you to the authorities, telling family or friends that they are being abused by you, turning people against you, moving things around and denying it. Threatening to accuse you of rape if you call the police, using the children to get what they want, attacking and harassing new partners, constant phone calls, texts, stalking you, telling you that their behaviour is not domestic abuse but an expression of masculinity.

**FINANCIAL ABUSE** - Making you take a job with which you are not happy, keeping all your wages and only giving you ‘pocket money’, taking out loans in your name and not keeping up with repayments.

## What we offer....

We realise how difficult it is for men experiencing domestic abuse to know who to approach for advice and support. You may feel that no-one will believe you or take your fears seriously. Our trained staff are here to listen and look at ways of supporting you. The ways we can do this are as follows:

- Telephone advice.
- One to one Services.
- An opportunity to talk through your experiences.
- Emotional support.
- Signposting you to other specialist organisations including immigration, housing and legal advice, parenting advice and support, and assistance with child contact issues, services for gay, bisexual and transgendered people (GBT).

## Male victims of domestic and partner abuse key facts\*

- For every three victims of partner abuse - two will be female, one will be male.
- One in six (16%) men (aged 16 or over) and one in four women (29%) will suffer domestic abuse in their lifetime. This equates to 2.6 million men and 4.5 million women.
- 40% of stalking victims in 2009/10 were male.
- 21 men and 95 women were murdered by a partner/ex-partner (classified as the key suspect) in 2009/10. This equates to one man every 17 days.
- The most prevalent age group for male victims is 25-34 where 3.7% of men stated they were a victim of partner abuse.
- The number of gay or bi-sexual men (6.2%) who suffered partner abuse in 2008/09 is nearly double the number for heterosexual (3.3%).
- 20% of men who have suffered partner abuse have done so for more than one year.
- Twice as many male victims (41%) than women (19%) do not tell anyone about the domestic abuse they are suffering. – highlighting the level of under reporting.
- 20% of victims of forced marriage are men.

\* Produced by the ManKind Initiative