

# Relate and Domestic Violence/Abuse

**Relate is the UK's largest provider** of relationship counselling and sex therapy. We estimate that 30% of people who contact us experience violence or abuse.

- Our priorities are to:**
- Increase the safety of victim/survivors and their children
  - Prevent domestic violence occurring/re-occurring
  - Help abusers to be accountable for their abusive behaviour

## Ways Relate Can Help: Bridging to Safety - Bridging to Change - Prevention - Recovery

### Bridging to Safety

Many people suffering abuse think that it is normal and that it is something that just happens in relationships.

**Relate provides** a place where someone who is in a dangerous relationship:

- can tell what is happening to them
- Will be listened to, heard and believed.
- Will be supported and helped to connect with the resources they need.
- The counsellor will help them see that what is happening is not normal or acceptable and help them to take action to increase their safety.

**In Relate we understand** the interconnection between protecting and supporting children who witness domestic violence and the need to support and protect their vulnerable parent. We work with a multi-agency approach providing a model of empowerment to enable access to help needed.

### Bridging to Change

People who have been abusive or violent to their partners ask Relate to help them stop. Relate encourages their motivation to change and helps them to connect with a specialist agency through Respect - see contact number overleaf.

### Prevention – early intervention

So, when couples tell us there has been some abusive or violent act and asks us to help them, we make a careful assessment. If there is no pattern of violence or abuse and no threat and each partner wants to have counselling together, then they may be offered a couple approach which is carefully structured and focused on safety.

### Prevention – strengthening equality

Relationship work can strengthen equality and develop elements such as respect, trust and support, negotiation and fairness – conditions that counter those common to abusive relationships.

### Recovery

**Relate provides** individual counselling and sex therapy for those who leave abusive or violent relationships.

**Relate provides** individual and family counselling for children and young people who have witnessed domestic violence.

**Relate helps** many adults who witnessed domestic violence in their childhood cope with the impact it is having on their current relationship or sex life.

**National Domestic Violence Helpline:  
0808 2000 247**

Freephone 24 hour helpline run by Women's Aid and Refuge provides support, help and information to women experiencing domestic violence wherever the caller might be in the country. It also provides help and advice to professionals assisting them. Translation facilities for callers whose first language is not English and a service for callers who are deaf or hard of hearing are available. [www.womensaid.org.uk](http://www.womensaid.org.uk)

**Respect: 0808 802 4040**

Respect is the UK association for domestic violence perpetrator programmes and associated women's services. The phone line offers information and advice to people who are abusive towards their partners and want help to stop. They also offer information and advice to frontline workers in voluntary or statutory agencies who work with individuals or families where one partner is abusive to another. Open Mon – Fri 9am - 5pm  
Email [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)  
[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**Men's Advice Line: 0808 801 0327**

Confidential help for men experiencing domestic violence from a partner or ex-partner or other family member. This includes all men in heterosexual or same sex relationships.

Open Mon–Fri 9am - 5pm  
Email [info@mensadvice.org.uk](mailto:info@mensadvice.org.uk)  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

**Broken Rainbow (now run by galop):  
0300 999 5428 & 0800 999 5428**

Confidential service offering advice, support and referral for lesbians, gay men, bisexual and transgender people experiencing homophobic or transphobic same sex violence. Open Mon & Thurs 10am - 8pm. Tues & Wed 10am – 5pm & Fri 1pm – 5pm  
[www.galop.org.uk](http://www.galop.org.uk)

**Shelter: 0808 800 4444**

Helpline for emergency access to Refuge service for women. Calls are free from UK landlines. [www.shelter.org.uk](http://www.shelter.org.uk)  
[info@shelter.org.uk](mailto:info@shelter.org.uk)

**Victim Support: 0808 168 9111**

Provides free and confidential, non-judgmental help to victims of crime, their family, friends and anyone else affected. They offer information, emotional support and practical help. You don't have to report a crime to the police to get their help and can get support at any time, whenever the crime happened. Open Mon to Fri 8am – 8pm Weekends 24 hours  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

**Samaritans: 116 123**

Samaritans provides 24 hour confidential, non-judgmental emotional support for people who are experiencing feelings of distress or despair. You do not have to be suicidal to call. [www.samaritans.org](http://www.samaritans.org)  
[jo@samaritans.org](mailto:jo@samaritans.org)

**National Child Protection Helpline (NSPCC):  
0808 800 5000 Under 18's 0800 1111**

Freephone 24hrs a day, seven days a week, 365 days a year. Provides confidential service for anyone concerned about children at risk including children themselves. They offer help, advice, guidance and support, or take action on your behalf if you have concerns about a child who is either being abused or at risk of abuse. Email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

**Relate Nottinghamshire 96 Mansfield Road Nottingham, NG1 3HD Tel: 01159 584278 email: [info@relate-nottingham.org.uk](mailto:info@relate-nottingham.org.uk)**