CHESHIRE WEST AND CHESTER DOMESTIC ABUSE

The domestic abuse intervention and prevention service (DAIPS) offer a confidential service for male and female victims. This is for anyone aged 16 years and over.

If you are experiencing domestic abuse and are at risk of serious harm from intimate partners, ex-partners or family members call 0300 123 7047 option 2 or the national 24 hour domestic abuse helpline on 0808 2000 247.

You can also speak to a professional who is already helping you. If you are in immediate danger call the police on 999.

Domestic violence or abuse can be physical, sexual or emotional. This can include financial and economic abuse, coercive and controlling behaviour. This can happen to men and women and can affect the whole family. Children are affected by seeing or hearing it as well as suffering abuse themselves.  
  
Has your partner or family member:

* Called you names and made you feel bad about yourself?
* Made you afraid by threatening you or your children?
* Behaved violently towards you?
* Stopped you seeing your friends or family?
* Kept you without money?
* Caused you to fear for your safety?
* Followed or texted you constantly?

Signs of coercive control:

* Isolation – controlling who you can speak to, monitoring you online and/or offline, checking up on you, monopolising your time.
* Pressuring you to do things you don’t want to do – making you feel bad and guilt tripping you to do things, policing what you wear.
* Distancing you from family and friends.
* Criticising and verbal abuse – undermining you, shouting, unpicking you, accusing you, name calling, putting you down, using information you have shared against you.
* Gaslighting you – distorting the reality to upend and manipulate you.
* Threats, charm, rules, regulations and disrespect.
* If you or anyone you know is in immediate danger telephone the police on 999. If it’s not safe to speak dial ‘55’ during the call to let the operator know you are in danger.
* For non emergency police matters telephone 101.

You can also contact our Domestic Abuse Intervention and Prevention Service on 0300 123 7047 option 2 (during office hours) or the national 24 hour domestic abuse helpline on 0808 2000 247.