

# Hillingdon Easy Read Guide to Domestic Abuse

Domestic abuse is always wrong.



Domestic abuse can happen to anyone,



Domestic abuse can be hitting or hurting you





It can be taking your money, or always  
telling you what to buy and what to do

## Domestic Abuse



Domestic abuse can be calling you names, or shouting and swearing at you.



It can be forcing you to do things you do not want to do.



Domestic abuse can be forcing you to have sex or to do sexual things you do not want to do.



Sometimes carers, or family members, can be abusers too.

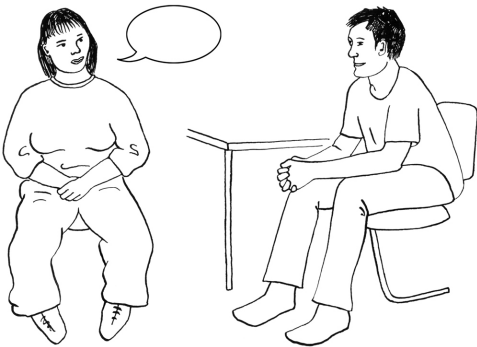
## Feelings



Domestic abuse can make you feel sad and scared. It is not your fault.



Seeing or hearing domestic abuse is scary for children



Domestic abuse is not okay. Tell someone you trust if you are worried.

There are people who can help you.



## Getting Help

In an emergency call 999 and ask for the police



There are lots of organisations who can give you advice and support. You can find information on the Hillingdon Domestic Abuse Website



You can ask to speak to Ani at the chemist, staff know how to support you and get you help.





If you are worried about your own  
behaviour you can get advice from  
Respect on: 0808 8024040

# Getting Help



If you are worried about a  
child call Stronger  
Families  
01895 556006



If you are worried about  
an adult call Adult Social  
Care  
01895 556633



You can report an abuser  
to Crimestoppers  
0800 555111

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)



You can call Hillingdon  
Domestic Abuse Advocacy  
Service for help and  
support

07824 620954

[hdaas@hillington.gov.uk](mailto:hdaas@hillington.gov.uk)