

## We can help.

Calan DVS provides specialist support to individuals and families experiencing domestic violence and abuse.

- Emergency accommodation - a safe environment for you and your children
- Community Services - specialist support for you in your home
- The Freedom Programme and Recovery Toolkit to assist individuals to rebuild their lives
- Programmes and activities designed to enable you to live life free from domestic abuse
- Specialist support for children



You do not need an appointment - contact us and speak to a specialist support worker on 01874 625146.

75% of domestic abuse incidents are witnessed by a child or young person

Let us help you to be safe.

[www.calandvs.org.uk](http://www.calandvs.org.uk)



## Calan Domestic Violence Services

South Powys:  
01874 625146

[www.calandvs.org.uk](http://www.calandvs.org.uk)  
[enquiries@calandvs.org.uk](mailto:enquiries@calandvs.org.uk)



Live Fear Free Helpline  
0808 80 10 800

*"Thank you for giving me my life back."*



Providing **sanctuary.**  
Inspiring **change.**

# Are you safe?



## Does someone you love hurt you?

## We can help.

## Are you safe

Does someone you love...

- Hurt you?
- Control you; emotionally, physically, sexually or financially?
- Intimidate you?
- Shout at you, call you names, insult you or tell you what to or what not to do?
- Threaten you in any way?
- Say that the abuse is your fault?
- Repeatedly promise to change and say it will never happen again?

1 in 4 women  
and  
1 in 6 men  
will experience  
domestic abuse

It will happen again.  
And it's not your fault.  
We can help.

### What is Domestic Abuse?

Domestic Abuse is the actual or threatened physical, emotional, psychological, sexual or financial abuse of a person by a partner, family member or someone with whom there is, or has been, a close relationship.

Domestic abuse can happen to anyone.

## First Steps

If you are experiencing domestic abuse, there are things that you can do to make yourself safer and help you to prepare for times when you may be in danger.

- If you are frightened or unsafe contact the police.
- Keep a record of dates and times of all incidents.
- If you have been injured, get medical attention.
- Keep your phone fully charged and with you at all times.
- Tell a friend, family member or someone you trust about what's been happening.
- Keep your passport and copies of important documents in a safe place (with a friend or relative.)
- Think about telling your employer about your situation.
- Do not retaliate - it's not safe.

25% of attacks  
happen whilst a  
woman is  
pregnant

Contact us-  
we can help you.

## Is someone you know in a abusive relationship?

While there is no simple way to know whether someone is experiencing abuse, there can be signs that something is wrong. These may be small at first, but over time they are likely to become more obvious.

Less than a  
quarter of  
women  
experiencing  
domestic abuse  
report it to the  
police

### What can you do?

If you know or suspect someone is experiencing domestic abuse, help is available. Encourage them to seek professional help and to prioritise their safety at all times.

If you witness an assault or your friend or family member is in danger call the police on 999.

*"I needed support and it was there whenever I needed it, I could not have moved on without the help I have been given."*