



# Domestic Violence Information

It's important to remember that violence in relationships can take a number of different forms, not just physical. This can also include emotional, psychological, sexual and financial abuse. For more information on the different types of abuse, take a look at the **Refuge** website.



If your relationship breakdown is due to violence in any form, there are different levels of help available depending on your situation.

## Immediate Danger

- If you don't feel safe and you may be in immediate danger or at risk of harm, you need to call **999** to get the police involved.
- You can approach any local authority in the country for emergency assistance if you need help with this.
- If you are living in Dacorum and approach us for emergency assistance, we will arrange a refuge space for you out of the area until we can determine whether it is safe for you to remain here.
- If you are somewhere safe and want to stay at a women's refuge today, contact **Refuge** or call the 24-Hour National Domestic Violence Helpline: **Freephone 0808 2000 247** for advice.
- If you are a man experiencing abuse, or you are an abuser and want to get help, there is advice on the **Refuge** website.

## Short Term

- If leaving the relationship in a planned way is the safest method for you, then you can seek assistance about the best way to do this. You can find detailed advice about the safest way to leave your partner on the Refuge web page: **Planning to leave**
- If you have already left and are fleeing violence from your partner, but you have nowhere you can go that is safe, then you need to approach a local authority for help.

- If you are fleeing violence, you have the right to approach **any local authority in the country**
- If you are living in Dacorum and approach us for emergency assistance, we will arrange a refuge space for you **out of the area** until we can find out whether or not it is safe for you to remain here. All of our emergency temporary accommodation is based locally, which means that we cannot place you in our own housing stock at first, because we cannot guarantee your safety.

### Longer Term

- You will need to get advice and support on your housing options for the longer term.
- If you have a joint tenancy or mortgage you will need to seek advice on how to remove yourself from this – you'll need legal advice before you go ahead. In some cases you may be able to get Legal Aid if you need the help of a solicitor but can't afford legal costs.
- You may be able to claim Housing Benefit on two properties for a limited time until you have worked out what to do.
- You will need to decide where you want to live.