



Domestic abuse



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If you are in danger and unable to talk on the phone, call 999 and listen to the questions from the operator and, if you can, respond by coughing or tapping on the handset. If prompted, press 55 to [Make Yourself Heard](#) and this will transfer your call to the police. Pressing 55 only works on mobiles and does not allow police to track your location.

Recognise domestic abuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, socio-economic status, sexuality or background.

What is domestic abuse?

Domestic abuse is not always physical violence. It can also include:

- coercive control and gaslighting (the manipulation of a person, by psychological means, into doubting their own sanity)
- economic abuse
- online abuse
- threats and intimidation
- emotional abuse
- sexual abuse

What signs to look for

If you believe that you or someone else could be a victim of domestic abuse, there are signs you can look out for including:

- being withdrawn or being isolated from family and friends
- having bruises, burns or bite marks
- having finances controlled or not being given enough to buy



Emergency contacts

If you are concerned about your own safety or someone else's, please contact your local police on the **non-emergency number 101**.

If you are in **immediate danger, call 999** and ask for the police.

food or pay bills

- not being allowed to leave the house or stopped from going to college or work
- having your internet or social media use monitored or someone else regularly reading your texts, emails or letters
- being repeatedly belittled, put down or told you are worthless
- being pressured into sex
- being told that abuse is your fault or that you're overreacting

See [👁 more signs of abuse to look for](#).

Get help if you or someone you know is a victim

If you feel at risk of abuse, there is help and support available to you, including the police, online support, helplines and refuges.

Herts Domestic Abuse Helpline



Refuge



Safer Places



Chayn



Galop



Hertfordshire Beacon



Hestia



Hourglass



Karma Nirvana



Men's Advice Line



Mankind Helpline



Muslim Women's Network Helpline



National Domestic Violence helpline



NSPCC female genital mutilation (FGM) helpline



Herts Sunflower



Rights of Women



Jewish Women's Aid



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