



**DOES YOUR  
RELATIONSHIP  
LOOK LIKE  
THIS ON THE  
OUTSIDE?**

**BUT YOU FEEL LIKE THIS  
ON THE INSIDE**



**FOR ALL WOMEN OVER THE  
AGE OF 16YRS**

Referral to the service will only  
be made with your consent

**Consent can be withdrawn  
verbally at any time.**

**IN PARTNERSHIP**



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*



**Women's Aid Armagh Down**

**028 3025 0765**

**womensaidarmaghdown.org**



**IN AN EMERGENCY**

**ALWAYS CALL 999**

**PSNI Non-emergency 101**

**24 HOUR DOMESTIC AND SEXUAL  
VIOLENCE HELPLINE 0808 802 1414**

This leaflet was  
kindly funded by



**Domestic  
Abuse  
Safety &  
Support  
Service**

**SPECIALIST SERVICE  
FOR WOMEN  
EXPERIENCING  
DOMESTIC ABUSE**

**AVAILABLE IN:**



Southern Health  
and Social Care Trust

**ASK STAFF IF YOU WANT  
TO SEE THE WORKER  
BEFORE YOU LEAVE**

## **What is a Domestic Abuse Safety & Support Service**

An independent specialist who can offer support to women who are experiencing or have experienced domestic abuse. The main aim is to increase the immediate and long term safety of women and children.

**SAFE TOGETHER  
CONFIDENTIAL**

**OPTIONS SUPPORT  
ADVICE**

**LISTEN CHOICE**

The specialist works under the Southern Health and Social Care Trust Policies and may have access to confidential/personal information.

## **Do you recognise any of this?**

- Threatens to kill you or your children
- Strangling or choking you or attempting to
- Charming one minute and aggressive the next
- Jealous and possessive
- Stopping you from seeing your family and friends
- Constantly criticising you/putting you down
- Controls all your money
- Tells you what to wear, whom to see, where to go, what to think
- Tracks, monitors or abuses you through social media, online or via any digital device
- Stalks and/or harasses you via text, phone calls, other messaging apps, face to face or via a third party.
- Says things that hurt you or make you feel uncomfortable?

**This Leaflet is available in other languages & onsite interpreters are available**

## **How can this help you?**

- Help you to see the risks from domestic abuse.
- Explore and explain your rights and options.
- Support you to develop your own safety plan to reduce the risk of harm to you and your children.
- Provide information on criminal and civil remedies available to you.
- Support you to make your own decisions that are right for you at this time
- Make referrals to other support agencies for you or signpost you.
- Work with hospital staff to help you increase safety and reduce risk of harm.

Mindful of the impact of Domestic Abuse on children, young people and vulnerable adults welfare. Any information you disclose will be treated as sensitive and confidential, except if you tell us of someone being at risk of significant harm, or that a serious crime has been committed that poses a public risk to others. Staff have a legal duty to share this information with appropriate services e.g. Child Protection, Adult Protection, PSNI .