

How we can help

South West Surrey Domestic Abuse Outreach Service provides free, independent and confidential advice to anyone affected by domestic abuse living in the boroughs of Guildford and Waverley.

Our team offers skilled practical help and ongoing emotional advice and support. We talk to you on the phone, via email or face to face in a safe location. We can help in many ways including:

- How to stay safe
- Dealing with abusive behaviour
- Housing rights including refuge accommodation for those who need it
- Support and recovery groups
- Access to legal advice
- Help to obtain civil orders, injunctions and support through the criminal process
- Contact and referrals for specialist advice services including benefits
- Support you to obtain protective orders

Our specialist children's team support children and young people who have been exposed to domestic abuse. This complements the adult outreach service supporting adult survivors and their children.

We listen to you, believe you and support you.

☎ **01483 898884 (Mon-Fri 9am-4pm)**

✉ **swr@swsda.org.uk**

📱 **@SouthWestSurreyDAS**

www.swsda.org.uk



Useful contacts

National Domestic Abuse Helpline
0808 2000 247

For women facing domestic abuse

Surrey Domestic Abuse Helpline (delivered by YourSanctuary)
01483 776822

7 days a week 9am to 9pm

Men's Advice Line
0808 801 0327

Confidential helpline for male victims of domestic abuse

National Centre for Domestic Violence
0800 970 2070

Assistance in obtaining emergency injunctions against further domestic abuse

GALOP
0800 999 5428

Support for LGBT+ victims of domestic abuse

The Deaf Hotline
24/7 crisis intervention
underneath@adwas.org

National Stalking Helpline
0808 802 0300

Crimestoppers
0800 555 111
www.crimestoppers-uk.org
For anonymous reporting of crimes

SURREY POLICE: 101

Always dial 999 in an emergency.

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Women's Aid
www.womensaid.org.uk

Surrey Against Domestic Abuse
www.healthysurrey.org.uk/domestic-abuse

Surrey Domestic Abuse Partnership
www.sdapartnership.org

Partner Outreach Services

East Surrey Domestic Abuse Services
01737 771350
www.esdas.org.uk
Serving Reigate and Banstead, Mole Valley and Tandridge

YourSanctuary
01483 776822
www.yoursanctuary.org.uk
Serving Woking, Runnymede and Surrey Heath

North Surrey Domestic Abuse Service
01932 260690
www.nsdas.org.uk
Serving Epsom and Ewell, Elmbridge and Spelthorne



South West Surrey
Domestic Abuse Outreach Service



Domestic Abuse

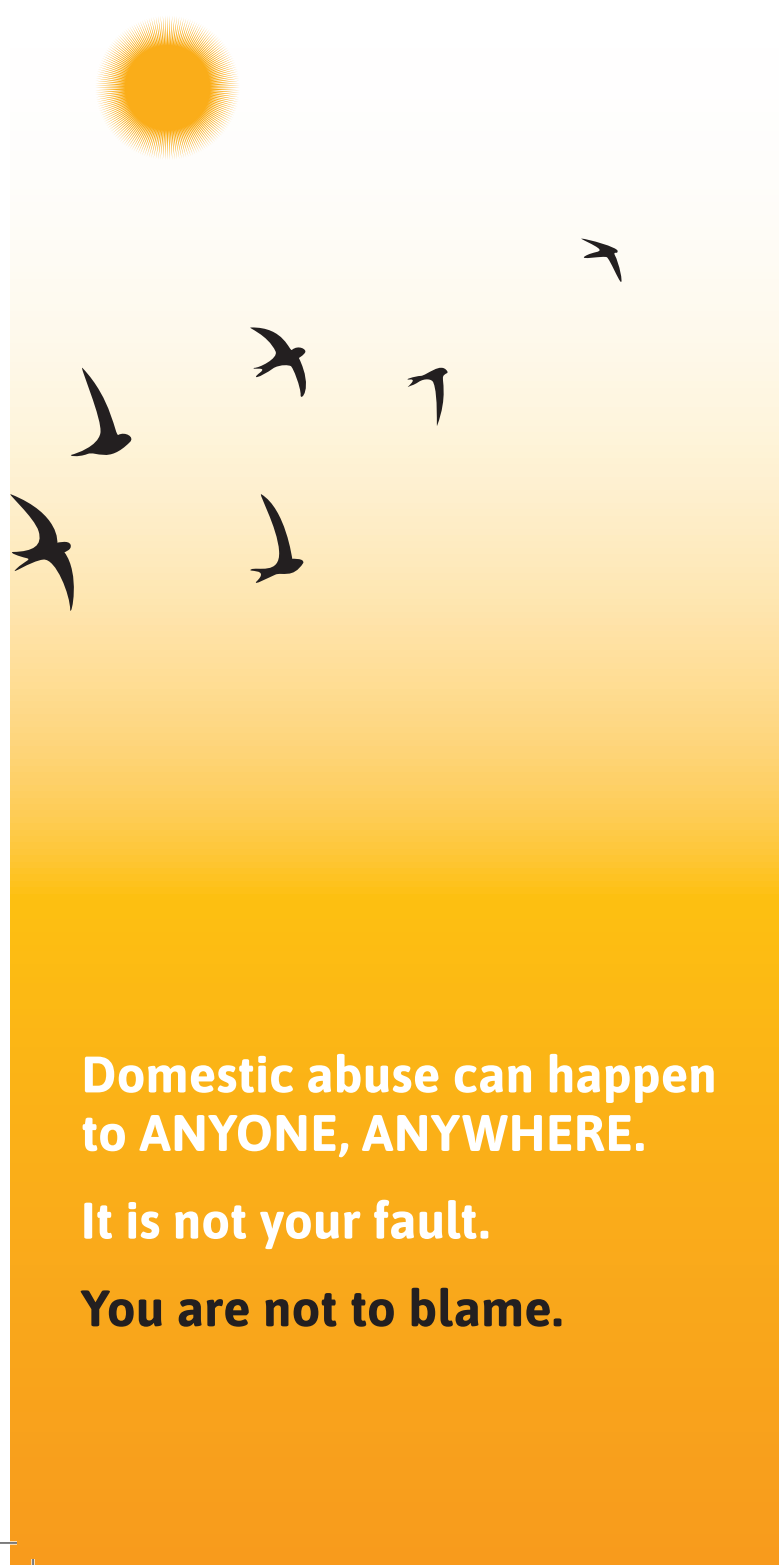
Information, advice and support for residents of Guildford and Waverley boroughs

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Are you afraid of someone close to you?

Domestic abuse happens when a partner or ex-partner or another family member hurts or threatens to hurt you. There are many different kinds of abuse but it is always about having power and control over you. It may include:

Psychological and Emotional

Are you constantly criticised, belittled or intimidated?
Are you threatened, made to feel stupid or worthless?
Are you verbally insulted or humiliated?

Physical

Are you being physically assaulted? Punched, kicked, slapped, choked, bitten, shoved or burnt?

Isolation

Are you isolated from friends and family? Does someone control who you can or can not see or who you talk to?
Does someone check your phone or computer for messages from others?

Financial

Do you have access to and control of your own money?
Do you have to account for everything you spend?

Sexual

Are you coerced into sex/sexual contact against your will?
Or forced into sexual practices you do not like? Is intimate content posted online or used to blackmail you?

You may experience one or more of these forms of abuse.

Anyone can experience domestic abuse, regardless of age, race, sexuality, disability, religious or ethnic group, class or lifestyle. It can happen to anyone.



If you are experiencing abuse

Remember it is not your fault. You are not to blame. If you have children reassure them and explain that it is not their fault either.

Keep a diary of incidents with dates and times. Save any abusive messages or emails.

Seek medical attention for physical injury and/or support for emotional harm. It may be vital evidence in the future.

Or if you know somebody who is

You can support them by listening. Let them talk at their own pace and do not push for details.

Reassure them that you believe what they say, and that they are not to blame. Try not to judge. Suggest that they seek help from an outreach service such as ours and support them to do that. Let them know that they are not alone.

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