



# PLYMOUTH DOMESTIC ABUSE SERVICES

We provide practical, non-judgemental support, advice and protection for all victims of domestic abuse

*Break the silence*



We offer a wide range of help to individuals and families, including confidential advice, one-to-one and group support sessions, and a refuge. You have the right to feel safe.



If you would like this publication in an alternative format please contact us.

## WHAT IS DOMESTIC ABUSE?

Domestic abuse is any incident or pattern of incidents of controlling, coercive, or threatening behaviour, violence or abuse between those aged 16 or over, who are, or have been, intimate partners or family members, regardless of gender or sexuality. Abuse can include, but is not limited to: psychological, physical, sexual, financial and emotional.

## HOW WE CAN SUPPORT YOU

Whether you are in the process of leaving a relationship, wish to stay or have left, we can help. We can provide office or community-based support, whichever is most appropriate. You can take part in regular one-to-one and group support sessions, which take place in a safe, non-judgemental environment where you can talk in confidence about your feelings and concerns. As well as training professionals to better recognise and deal with domestic abuse, we can provide you with the following practical, confidential advice and emotional support:

- Safety planning
- Co-ordinating a safe transfer to a refuge or safe house
- Referring you to other support agencies, including legal and benefits advice
- Supporting you through the criminal justice process
- Advising you on your housing options
- Offering you opportunities for socialising and activities in the local community
- Building your confidence and self-esteem
- Helping you to build your future and move on with your life

## CONTACTS

**Plymouth Domestic Abuse Services**, Prideaux Court, Palace Street, Plymouth PL1 2AY  
**Office:** 0800 458 2558 (FREEPHONE) **Refuge:** 01752 562 286  
**Email:** pdas@sanctuary-housing.co.uk

In a non-emergency, you can contact the police by calling **101**. Alternatively, you can call the 24-hour helpline run by Women's Aid and Refuge: **0808 2000 247**.

If you are in immediate danger, call 999