

What is Domestic Abuse?

Domestic abuse covers a whole range of incidents. It can be any incident, or pattern of incidents, of controlling, coercive or threatening behaviour, violence or abuse. It can be between people who are or have been intimate partners or family members regardless of gender or sexuality.

What do I need to know about the dangers?

- Both men and women suffer domestic abuse.
- Unfortunately, domestic abuse is very common, an incident of abuse is reported every hour.
- It is estimated that one woman in four experiences domestic abuse at some point in their life. Each week in the UK, two people are killed by a partner or ex-partner.
- Domestic abuse is rarely a one off event and it often escalates in frequency and severity over time.
- Domestic abuse is completely unacceptable. Everyone has the right to live their life free of violence, abuse, intimidation and fear.
- If you have children, you need to be aware of the impact on them. Even when they are not being directly abused themselves, children are still affected by what they see.

What happens if I ring the police?

All incidents are fully investigated and, unless there are very good reasons for not doing so, individuals who are found to be abusing their partners or family will be arrested.

The police can, if you wish, provide you with information regarding the dangers of abuse and the impact on your family.

To allow you to make informed choices the police can advise you of legal remedies that could help and can give you information so that you can get help yourself from other agencies.

Whatever action is taken, the police will keep you fully updated in accordance with your wishes.



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**DOMESTIC
ABUSE**

**DOES THAT
SIT RIGHT WITH YOU?**

INFORMATION AND CONTACT NUMBERS

STOCKPORT

If you're worried about yourself, or someone you know, visit www.SittingRightWithYou.co.uk

#SittingRightWithYou

POLICE, COURTS AND PROBATION SERVICES

GREATER MANCHESTER POLICE, Tel: 999 in an emergency, 101 for non-emergency,
GMP Public Protection Unit Tel:0161 856 9684 - www.gmp.police.uk

STOCKPORT PROBATION (Manages and rehabilitates offenders released from custody)
Tel: 03000 477500 or 0161 429 0010 - www.cgm-probation.org.uk

CHESHIRE & GREATER MANCHESTER CRC (supervise offenders assessed as posing
either a low or medium risk of committing a serious crime). Tel: 01442 296 011

STOCKPORT COUNTY COURT AND FAMILY COURT (including magistrates) Tel: 0161 477 2020
The Courthouse, Edward Street, Stockport, SK1 3DQ

MANCHESTER AND SALFORD MAGISTRATES COURT (for remand cases) Crown Square,
Manchester M60 1PR Tel: 0161 830 4200

MANCHESTER CIVIL JUSTICE CENTRE Tel: 0161 240 5000

STOCKPORT SOCIAL SERVICES

MASSH (MULTI-AGENCY SAFEGUARDING & SUPPORT HUB)
(Advice and reporting concerns about children) Tel:0161 217 6028

ADULT SOCIAL SERVICES (Advice and reporting concerns about adults) Tel: 0161 217 6029
Out of hours service for children and adults: Tel:0161 718 2118 - <https://www.stockport.gov.uk>

VICTIM SERVICES

GREATER MANCHESTER VICTIMS' SERVICES (Website providing useful information and practical
advice for victims and survivors of crime, and their families). www.gmvictims.org.uk

STOCKPORT VICTIM SUPPORT (Help for victims who have been victim of or affected by a crime)
Tel: 0161 474 4682 or 0161 200 1950, 24 hour helpline 0808 16 89 111 - www.victimsupport.org.uk

STOCKPORT SAMARITANS (A safe place to talk, don't have to be suicidal)
Tel: 0161 432 1221 - www.samaritans.org

CITIZENS ADVICE STOCKPORT – (Impartial, confidential, and independent advice and information on
Benefits, Money, Family, Housing and Employment). 0300 3309 075 - www.castockport.org.uk

SPECIALIST DOMESTIC ABUSE SERVICES

STOCKPORT WITHOUT ABUSE (A charity offering a range of services for families affected
by domestic abuse) Tel: 0161 477 4271 - www.stockportwithoutabuse.org.uk

THE ALLIANCE FOR POSITIVE RELATIONSHIPS (works with Stockport residents who wish to create
more healthy relationships, this includes men and women who have or are experiencing domestic
abuse). Tel: 0161 477 4271.

NATIONAL WOMEN'S AID DOMESTIC ABUSE HELPLINE (24/7 domestic abuse helpline) Tel: 0800 2000
247 Greater Manchester Domestic Abuse Helpline: 0161 636 7525

INDEPENDENT CHOICES (For women who are experiencing or have experienced domestic abuse,
LGBT specialists and language services) Tel: 0161 636 7525 - www.domesticabusehelpline.co.uk

STOCKPORT WOMEN'S CENTRE (Services for women in need of support with Domestic abuse)
Tel:0161 355 4455 - www.thewomenscentre.uk.net

MEN'S ADVICE LINE (A service for men experiencing domestic abuse)
Tel: 0808 801 0327 - www.mensadvice.org.uk

MANKIND (for male victims of domestic abuse) Tel: 01823 334244 - www.mankind.org.uk

KARMA NIRVANA (Supporting victims of honour-based abuse and forced marriage)
Tel: 0800 5999 247 - www.karmanirvana.org.uk

BEHAVIOUR CHANGE

RESPECT (A confidential and anonymous helpline for anyone concerned about their violence and/or
abuse towards a partner or ex-partner). Tel: 0808 802 4040 - www.respectphoneline.org.uk

BRIDGING TO CHANGE (changing domestic abuse behaviour).
Tel: 0161 872 1100 - www.talklistenchange.org.uk

START (support with healthier lifestyle changes) Tel: 0161 474 3141 - www.healthystockport.co.uk

OTHER SUPPORT

STOCKPORT AND DISTRICT COMMUNITY MENTAL HEALTH TEAM (MIND) (Offering friendly,
accessible support and information to people in mental distress and working with others to promote
well-being in the local community). Tel: 0161 480 7393 - www.stockportmind.org.uk

THE PREVENTION ALLIANCE (TPA) (wide range of information, advice and links, plus a team of
Keyworkers and Community Connectors for those wishing to make changes in any area of their life).
Tel: 0161 474 1042 - www.stockporttpa.co.uk

MANCHESTER RAPE CRISIS (Confidential support service for women and girls who have been raped
or sexually abused) Tel: 0161 273 4500 - www.manchesterrapecrisis.co.uk

ST MARY'S SEXUAL ASSAULT REFERRAL CENTRE (If you have been raped or sexually assaulted,
help to recover from physical and emotional effects - current and historic)
Tel: 0161 276 6515 - www.stmaryscentre.org

COMMUNITY DRUG AND ALCOHOL SERVICES (Help for anyone suffering from a drug or alcohol
problem) Tel: 0161 716 4000 - www.stockportdrugsandalcohol.org

BOAZ TRUST (accommodation and support for destitute asylum seekers and refugees)
Tel: 0161 202 1056 - www.boaztrust.org.uk

THE GUARDIAN PROJECT (Safeguarding and supporting girls affected by FGM. Tel: 07449 651 677

HOUSING

STOCKPORT HOMES (Manage the housing stock owned by Stockport Council) Tel: 0161 217 6016
www.stockporthomes.org. For homeless emergency outside our opening hours,
please call 0161 474 2818

SECURITY AND SAFETY

GREATER MANCHESTER FIRE AND RESCUE SERVICE (Offer safety checks for any potential fire risks,
smoke alarms, escape plans, advice on home security and health and wellbeing). Tel: 0800 555815

CRIME PREVENTION PAGES

Advice and information on preventing and reducing crime - www.gmp.police.uk