

What is domestic abuse?

The definition of domestic abuse, a form of gender-based violence (GBV) used by Police Scotland is:

'Any form of physical, verbal, sexual, psychological, or financial abuse which might amount to criminal conduct, and which takes place within the context of a relationship. The relationship will be between partners (married, cohabiting, civil partnership or otherwise) or ex-partners. The abuse can be committed in the home or elsewhere including online.'

The Scottish Government domestic abuse report in 2018-19 reported that 88% of all domestic abuse incidents occurred in a home or dwelling.

Abusive behaviour includes but is not limited to:

- Violence (including physical violence such as hitting, punching, kicking and sexual violence such as rape, coerced sex)
- Threats or intimidation
- Abusive behaviour directed to a child under 18 years of age
- Behaviour that creates dependency such as financial abuse
- Controlling behaviour such as isolation from friends, relatives, or other sources of support
- Coercive behaviour such as causing fear, humiliating, degrading, or punishing behaviour.

Abusers and victims can be male or female, any race or religion and from all different types of background. It does not matter how old someone is, what race or ethnicity they are, what class they are, whether they are disabled, whether they have children - anyone can experience domestic abuse.

Lochaber Housing Association has signed the Make a Stand pledge

The Make a Stand pledge has been developed by the Chartered Institute of Housing in partnership with Women's Aid and the Domestic Abuse Housing Alliance. It was created to encourage housing organisations to make a commitment to support people experiencing domestic abuse. The Association is committed to taking action to support people experiencing domestic abuse. By signing, we pledge that we will implement a domestic abuse policy to support tenants and staff and we will raise awareness of national and local domestic abuse support services so that they are easily accessible.

MAKE
A
STAND

Our homes, our people,
our problem.



Chartered
Institute of
Housing

women's aid
until women & children are safe



daha

Domestic Abuse Housing Alliance

Confidential help and support are available from a range of organisations:

Lochaber Women's Aid (local specialist service)

Office hours: 9am - 5pm Monday - Friday
Tel: 01397 705734
Email: lwa@lochaberwomensaid.org
Web: www.lochaberwomensaid.org

The Highland Council Housing Options

Contact them to arrange an appointment or call into any service point
Tel: 01349 886602
Email: housingoptions@highland.gov.uk
Web:
https://www.highland.gov.uk/info/997/housing_advice/644/housing_options_-_help_and_advice

RASASH

Rape & Sexual Abuse Service Highland
Tel: 03330 066909

Scottish Women's Aid

Tel: 0131 226 6606 (office hours)
Email: info@womensaid.scot
Web: www.womensaid.scot

Rape Crisis Scotland

Provides a rape crisis helpline and email support for anyone affected by sexual violence. They can also put you in touch with local rape crisis centres or other services for on-going support.
Tel: 08088 01 02 03 6pm to midnight 7 days a week

National Domestic Violence Helpline

Free, confidential helpline run by Women's Aid and Refuge for anyone experiencing domestic abuse and it is available 24 hours a day, seven days a week.
Tel: 0808 2000 247
Web: www.nationaldahelpline.org.uk

Victim Support Scotland

Provides information and support for victims and witnesses of crime.
Tel: 0800 160 1985 8am to 8pm Monday to Friday

National LGBT Domestic Abuse Helpline

Provides help and support for lesbian, gay, bisexual, and transgender people who are experiencing, or who have experienced, domestic abuse.
Tel: 0300 999 5428 or 0800 999 5428

Scotland's Domestic Abuse and Forced Marriage Helpline

Provides confidential information and support to anyone affected by forced marriage or domestic abuse.
Tel: 0800 027 1234 (24 hour service)

Respect

UK membership organisation for work with domestic violence perpetrators, male victims of domestic violence and young people's violence in close relationships.
Helpline for people concerned about their behaviour
Tel: 0808 802 4040
Helpline for men experiencing domestic abuse
Tel: 0808 801 0327
Web: www.respect.uk.net

Lochaber Citizens Advice Bureau

Tel: 01397 705311
Tel: 0808 800 4444

The Scottish Citizens Advice Helpline

Tel: 0800 0281 456
Web: www.cas.org

Support for male victims

You may find this kind of attack particularly difficult to deal with because domestic abuse is widely, but wrongly, thought of as a crime that only affects women. It does not just happen to women - men can be victims of domestic abuse too, whether their partner is a man or a woman.

AMIS (Abused Men in Scotland)

Supports men who are experiencing or have experienced domestic abuse. Call the confidential helpline (it's free to call from landlines and most UK mobiles, and does not appear on itemised phone bills).
Tel: 0808 800 0024

Lochaber Housing Association

101 High Street

Fort William

PH33 6DG

Tel: 01397 702530

Email: housingmgt@lochaberhousing.org.uk

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