

Domestic Abuse

Can Affect Anyone

Free and confidential number:

number may show up on the phone bill

08000 198 668

Deaf and hard of hearing text number

07534 617 252



How can the Elm Foundation help?

- One to one support in the community, over the phone or at our advice centre.
- A dedicated confidential helpline
- Support using our Live Chat service
- Support to keep you safe including safety planning and personal alarms
- Recovery support groups
- Support accessing information on benefits, debt, health and housing
- Support to children and young people living with/ affected by abuse
- Therapeutic services
- Emergency refuge accommodation for men, women and children fleeing domestic abuse
- Ongoing outreach support

About the Elm Foundation

“The story of The Elm Foundation began in 1985, which was when we launched our charity. Our aim in the mid-eighties was exactly the same as it is today: to provide a range of services and much-needed support to any man, woman or child affected by domestic abuse.”

What is domestic abuse?

Domestic abuse encompasses one or more of the following:

- sexual abuse
- physical abuse
- emotional abuse
- psychological abuse
- financial/economic abuse.

It involves controlling and coercive behaviour and it rarely happens just once – such abuse tends to worsen and occur more frequently over time. Domestic abuse affects people from all walks of life including men as well as women, people in same-sex relationships, trans and non-binary people and people with a disability.

The Elm Foundation can empower you to make informed and positive choices.

What are the effects of domestic abuse:

“The effects of domestic abuse are wide ranging and will differ for all victims. In some cases, the impact of domestic abuse is fatal.

The obvious physical effects of domestic abuse can include physical injury such as cuts, bruising, broken bones etc. What is often not so obvious is the emotional suffering which can occur as a direct result of domestic abuse. Such emotional suffering can have devastating effects on a victim which are prevalent in both the short and long term.”

How do I know if my relationship is abusive?

“**Destructive criticism and verbal abuse:** shouting/ mocking/accusing/name calling/verbally threatening.

Disrespect: persistently putting you down in front of other people; not listening or responding when you talk; interrupting your telephone calls; taking money from your purse without asking;

Breaking trust: lying to you; withholding information from you; being jealous; having other relationships; breaking promises and shared agreements.

Isolation: monitoring or blocking your telephone calls; telling you where you can and cannot go; preventing you from seeing friends and relatives.

Harassment: following you; checking up on you; opening your mail; repeatedly checking to see who has telephoned you; embarrassing you in public.

Threats: destroying your possessions; breaking things; punching walls; threatening you with weapons; threatening to kill or harm you and the children.

Physical violence: punching; slapping; hitting; biting; pinching; kicking; pulling hair out; pushing; shoving; burning; strangling.

Denial: saying the abuse doesn't happen; saying you caused the abusive behaviour; being gentle and patient in public; crying and begging for forgiveness; saying it will never happen again.”

Why is it hard for victims of domestic abuse to leave?

“Leaving an abusive relationship can be a difficult process. If you or someone you know is experiencing domestic abuse, they may:

- Feel frightened and uncertain about what the future will hold
- Feel frightened for their children
- Feel it is in the children's best interests to stay in the family home
- Feel ashamed and reluctant to tell or seek help
- Have such low confidence and self-esteem that making decisions is a confusing and difficult task
- Be isolated from family and friends and feel they have no one to turn to
- Be worried about financial security if they leave
- Not have information on services available
- Have received a negative response when they reached out to someone for support in the past
- Be too exhausted to take on any life changes or major decisions
- Still have feelings of love for their partner and fond memories of how things used to be
- Hope and believe that things will get better
- It is important to remember, leaving is a process and not an event.

The Elm Foundation is here to help you, we understand these difficulties and aim to empower you to overcome them”



6 Fairfield Rd, Chesterfield S40 4TP

Domestic Abuse Helpline
08000 198 668

Sunday - Closed
Monday - 9am-5pm
Tuesday - 9am-5pm
Wednesday - 9am-5pm
Thursday - 9am-5pm
Friday - 9am-5pm
Saturday - Closed
01246 540464 - Office Number

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