

**Domestic Abuse** is not acceptable. It is not your fault and you are not alone. There are services available to support you and they are still open.

**Domestic Abuse** is when you are hurt, bullied or frightened by

- Your husband or wife
- Your boyfriend or girlfriend
- Your current or ex-partner

Domestic Abuse is when they do any of the following things to you

- Physical harm - such as hit or hurt you or your child ( if you have one)  
lock you in  
hold you so you cannot move
- Emotional harm –bully you or say things that scare you  
make you feel sad or upset  
make you feel stupid
- Sexual harm – make you do sexual things that you do not like or understand  
touch your body, your private parts or kiss you when you say no or do not want them to
- Financial harm- take your money and things that are yours  
tell you how to spend your money or check how much you spend
- Controlling – don't like you speaking to your friends or other people  
always want to know where you have been or where you are going  
always want to know who you speak to  
stop you seeing your family or friends

If Domestic Abuse is happening to you, you do not have to wait for an emergency to get help. Tell someone you trust or contact:

#### [Police Scotland](#)

If you are in danger and it is an emergency, call 999. For non-emergencies call 101

#### [National Domestic Abuse Helpline](#)

Free and confidential advice. Open to all. 24 hours a day.

Telephone: 0800 027 1234. Website: [sdafmh.org.uk](http://sdafmh.org.uk)

#### [Grampian Women's Aid](#)

Telephone: 01224 593381. Website: [grampian-womens-aid.com](http://grampian-womens-aid.com)

#### [Rape Crisis Grampian](#)

Telephone: 01224 590932. Website: [rapecrisisgrampian.co.uk](http://rapecrisisgrampian.co.uk)