



Home Office

Domestic abuse: Know your rights

Domestic abuse is a crime in the UK.
Free support is available.



In danger now? Call 999

**If you cannot speak, call 999 and press 55.
The police will help you.**

Contacts for helplines are available inside
this leaflet.

What is domestic abuse?

Domestic abuse is when a partner, ex-partner or family member hurts you, scares you, or controls you.

It is not always physical abuse like hitting, pushing or grabbing. It can also be, for example:

- **emotional abuse** – saying you are worthless or making you feel like everything is your fault
- **threats** – saying they will hurt you or your children or family
- **controlling behaviour** – telling you where you can go, who you can see, or checking your phone
- **taking your money** – hiding or stealing money from you, or not letting you buy things
- **sexual abuse** – making you do sexual things you do not want to do (this is wrong even if you are married)
- **honour-based abuse** – hurting you because your family says you have brought shame (this includes forced marriage and female genital mutilation)

These things are crimes in the UK and perpetrators can be put in prison.

Abuse is never your fault.

Get help now

Reporting domestic abuse will not affect your asylum claim.

In danger now? Call **999**

If you cannot speak, call **999** and press **55**. The police will help you.

For non-emergency police, call **101**

Free helplines

England National Domestic Abuse Helpline (Refuge):
0808 2000 247

Private online chat: www.nationaldahelpline.org.uk

Scotland Domestic Abuse and Forced Marriage Helpline:
0800 027 1234

Wales Live Fear Free Helpline: **0808 80 10 800**

Northern Ireland Domestic and Sexual Abuse Helpline:
0808 802 1414

More support

Men's Advice Line: **0808 801 0327**

LGBT+ support (Galop): **0800 999 5428**

Forced Marriage Unit: **020 7008 0151**

Victim Support: **0808 16 89 111**

Migrant Help: **0808 8010 503**

Webchat with Migrant Help Here Email Migrant Help Here

Bright Sky App: Bright Sky is a free phone app with safety information and support. Only download if it is safe to do so and nobody is checking your phone.



Your rights

You have the right to be safe. You do not have to stay with someone who hurts you.

You have the right to ask for help. Asking for help will not affect your asylum claim.

All support is free and private. You can ask for an interpreter.

If you ask for help, the Home Office can give you safe accommodation away from the person hurting you, or they can be removed from your home.

Help in your accommodation

You can ask accommodation staff for help at any time. Staff can:

- help you keep this leaflet safe and private
- help you call a helpline
- help you contact the police
- help you get safe accommodation

What you tell staff will be kept private.



You are not alone

Domestic abuse is a crime in the UK. Anyone can be a victim – women, men, and people of all backgrounds.

It is never your fault.

Free, private support is available. Asking for help will not affect your asylum claim.

If you need help, you can call any of the numbers inside this leaflet. If you need help calling, ask staff in your accommodation.

