

What we do

Our helpline is here to support anyone who has ever had experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them.

We provide a confidential, sensitive service to anyone who calls us.

Helpline workers will always listen to you and believe you, and may also:

- give you information about domestic abuse and forced marriage
- tell you about or refer you to other agencies that can help you
- provide you with emotional support
- intervene in crisis situations
- offer you practical support with housing, safety planning and benefits

Contact us

Call the helpline on 0800 027 1234

Open 24 hours a day, 7 days a week.

Freephone from all landlines and most mobile providers

Email us at helpline@ndafmhs.org.uk

You can email us at any time. We will aim to respond within two working days

Visit our website for more information at www.ndafmhs.org.uk



Feel threatened by a partner or ex?

آپ اپنے ساتھی یا سابق کی طرف سے خطرہ محسوس کرتے ہیں؟

هل تشعرين بالتهديد من قبل زوجك الحالي أو السابق

Vous sentez-vous menacée par un partenaire ou un ex?

¿Te sientes amenazada por tu pareja o tu ex?

Czy czujesz się zagrożony przez partnera lub ex?

ਮੌਜੂਦ ਸਾਥੀ ਜਾਂ ਪੁਰਾਣੇ ਸਾਥੀ ਵਲੋਂ ਧਮਕਾਏ ਜਾਣਾ ਮਹਸੂਸ ਕਰ ਰਹੇ ਹੋ?

你感到受伴侶或前夫的威脅嗎?

Feel pressured into marriage?

شادی میں دباؤ محسوس کرتے ہیں؟

هل تواجهين ضغوطات للقبول بالزواج

ਵਿਆਹ ਦੇ ਕਰਕੇ ਦਬਾਅ ਮਹਸੂਸ ਕਰ ਰਹੇ ਹੋ?

你感到有被迫結婚的壓力嗎?

Feel threatened by a partner or ex?
Feel pressured into marriage?

Call the national domestic abuse helpline, where it's **safe to speak** to someone that can help.

24 Hours

 **0800 027 1234**



 0800 027 1234



Scottish Government
Riaghaltas na h-Alba
gov.scot

www.ndafmhs.org.uk

Who we are

Helpline calls will be answered by specially trained staff and volunteers, managed by Scottish Women's Aid.

Your call will always be answered by workers who understand the dynamics of domestic abuse and forced marriage. We will support you to talk to us when you are ready.

We work in partnership with the Men's Advice Line.



Here for you

We welcome calls from everyone.

Anyone can call the Helpline. We will support you regardless of age, disability, sexual orientation, nationality or background.

If English is not your first language, we can speak to you using a confidential translation service.

Call us any time. If the lines are busy, leave a message and we will get back to you within two hours.

Email us at: helpline@ndafmhs.org.uk
We will reply within two days.

www.ndafmhs.org.uk

What is domestic abuse?

Domestic abuse is controlling, coercive, threatening, degrading and/or violent behaviour perpetrated by a partner or an ex-partner. It can begin at any stage during a relationship or after a relationship has ended.

Domestic abuse can happen to anyone in all types of relationships – heterosexual, lesbian, gay, bisexual and transgender.

It can include, but is not limited to:

- **coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)**
- **psychological and/or emotional abuse**
- **physical abuse**
- **sexual abuse**
- **financial abuse**
- **harassment**
- **stalking**
- **abuse via phone or social media**

No one deserves to live with abuse

☎ 0800 027 1234

What is forced marriage?

Forced marriage happens when a person who does not want to get married, or a person who is too young (under 16) or vulnerable (such as having a learning or physical disability) to be able to give consent, is pressured or tricked into marriage against their will.

The 'force' used can be physical or emotional (such as telling them that they will bring shame upon their family). Sometimes forced marriages happen here in the UK, but at other times people are taken overseas for wedding ceremonies.

A forced marriage is very different from an arranged marriage where both the bride and groom can choose whether or not they want to go ahead with the marriage. In a forced marriage there is no freedom of choice.

Forced marriage is illegal.

Everyone has the right to choose who they marry, when they marry, or even if they want to get married at all.

helpline@ndafmhs.org.uk