What help is available in Buckinghamshire?

Telephone numbers & more information

Victim Support

3rd Party Reporting Centre for LGBT victims in Buckinghamshire

0845 38 99 528

LAGLO Thames Valley Police

Lesbian and Gay Liaison Officers are available specifically to help LGBT victims in Buckinghamshire

Call 101 and request a "LAGLO"

Aylesbury Women's Aid

Provides support to victims of Domestic Abuse through outreach, programmes and dedicated workers. Support is also on offer for male victims.

01296 436827

Wycombe Women's Aid

Provides support to victims of Domestic Abuse through outreach, programmes and dedicated workers. Support is also on offer for male victims.

01494 461367

In an Emergency

If your partner (or ex-partner) has assaulted you or you are afraid for your own or others' safety you can call the Police in an emergency

always ring 999

Police Domestic Abuse Investigation Unit

101 - the Police take reports from the Lesbian, Bisexual, Gay and Transgender community very seriously.

Broken Rainbow- Lesbian, Gay, Bisexual and Trans* Helpline 0300 999 5428

National 24 Domestic Violence Helpline 0808 2000 247

Shelter

A free, national telephone advice line staffed by trained housing advisers who can help

0808 800 4444

Gender Trust National Helpline

For more information on Trans* issues

01527 894838

Respect

For people who are abusive to their partners and want to stop

0808 802 4040

Smart

Substance misuse service for adults

Aylesbury: **01296 337717**

High Wycombe: 01494 474804

Young Addaction

Substance misuse service for young people

01296 331933

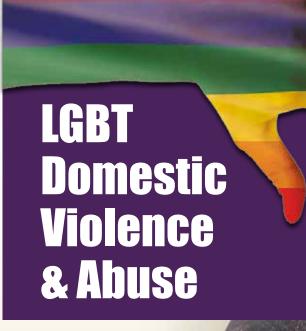
For more information on LGBT Domestic Abuse advice visit www.reducingtherisk.org.uk

To watch a

Buckinghamshire

LAGLO speaking
about LGBT DVA
use the QR code





Information for the Lesbian, Gay, Bisexual and Transgender Community in Buckinghamshire

There is no excuse for Domestic Abuse towards any person and in any relationship at any time.









How do I know I am in an abusive relationship?

You're in a relationship with someone who:

Using Isolation:

Isolates you from the LGBT community

Isolates you from family & friends

Constantly checks up on you

Is excessively jealous or controlling

Harasses you at work/college

Says no one will believe the abuse if you are Lesbian, Gay, Bisexual or Trans*

Using Emotional Abuse

Tells you that you are not a real Lesbian, Gay, Bisexual, Trans person

Withholds medication

Plays mind games

Puts you down & makes you feel bad about yourself

Blames alcohol & drugs for their behaviour

Manipulates you

Using Coercion and Threats

Threatens to "out you" to family, friends or work colleagues

Threatens to tell an ex that you are Lesbian, Gay, Bisexual or Trans*

Threatens to commit suicide if you leave

Threatens to tell social services you are a bad parent

Threatens you with weapons

Using Intimidation

Damages your property

Blames you for the abusive behaviour

Hits you, shoves you or punches you

Using Sexual Abuse

Forces you to have sex

Prevents you from practicing safe sex

Using Economic Abuse Controls all

Myths associated with LGBT Domestic Violence & Abuse:

- An abuser will often manipulate their victim so that they feel they are to blame for the abuse. An abusive partner may say "this is how it is in a Lesbian/ Gay/Bisexual/Trans* relationship". There is nothing normal, appropriate or justifiable about LGBT Domestic Abuse
- An abuser may also play on myths about Domestic Abuse to prevent his/her victim from seeking help from the Police saying they are homophobic/ transphobic. In reality, the police have dedicated LAGLOs (Lesbian & Gay Liaison Officers) who are on hand to help. More information is on the reverse of this leaflet
- Abusers may attempt to convince their partner that no one will help them and that they are not entitled to legal protection from abuse from a same sex partner. This is not true
- A common myth is that Domestic Abuse does not happen in LGBT relationships. Actually the reality is 1 in 4 LGBT people are abused by a partner at some point in their lives. Abuse is never OK and nobody deserves to be abused.

How do I safety plan?

- Have a secret code to signal for help with a friend/neighbour so they are aware of when you need assistance
- Have a small bag ready with essentials (medication, civil partnership/marriage/birth certificates, bank information, passport, money etc) you may need should you have to flee the property in an emergency. Alternatively, leave this bag with a neighbour or friend
- Have some money stored should you need to use public transport to leave the property
- Keep with you any important and emergency telephone numbers
- If you are thinking of leaving the property make sure it is the safest time to do so, for example, whilst your partner is away from the property
- Take special care if you are considering leaving the home. Risk for a victim is highest when leaving their partner or shortly after, so make sure arrangements are in place or you know where to go should there be an emergency situation.

