

# Women:

## Help if you are Facing Abuse from a Partner or Family Member

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### What is domestic abuse?

Domestic abuse means abuse from an intimate partner or family member. The Scottish and UK governments recognise many different types of domestic abuse. These include:

- Emotional;
- Physical;
- Sexual; or
- Financial;

Domestic abuse can affect anybody at any time, regardless of gender or sexuality. Both women and men may be affected by it, but the majority of victims are women and children.

If you are having to live with this behaviour, it is important to realise that you can ask for help. Domestic abuse is always unacceptable. Hospitals, lawyers and the police will take reports of domestic abuse seriously.

### How can you get help?

Scottish Refugee Council is committed to providing a sensitive service to any person who has been subject to domestic abuse. If you tell us that you are suffering domestic abuse, we will take this seriously, regardless of the form this behaviour has taken.

Scottish Refugee Council can help you in the following ways:

- We can provide a female caseworker if you would prefer to discuss the problem with another woman;
- We will also try to provide a female interpreter if you would prefer;
- We will keep all the information you give us confidential. We will not discuss what you have told us with anyone else without your permission. This includes your spouse or partner. The only time we may have to tell someone about your case is when you or your children are in immediate physical danger;

- We can help you to contact specialist agencies who can offer emotional support, counselling and advice on dealing with your experiences of domestic abuse;
- If you are thinking about leaving your current accommodation because of abuse, we can talk to you about your other accommodation options; and
- If you leave your partner due to domestic abuse, you may also wish to make your own asylum claim. We can help you to contact a legal representative who could advise you on this.



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