

INFORMATION SHEET

WANDSWORTH DOMESTIC VIOLENCE FORUM

DOMESTIC VIOLENCE AND SUBSTANCE MISUSE



WHAT IS DOMESTIC VIOLENCE?

Domestic violence happens when your partner/ex-partner hurts or threatens to hurt you. It may include:

- **Physical abuse** - hitting, slapping, punching, biting, hair pulling, burning
- **Emotional / psychological abuse** - put-downs, verbal abuse and humiliation, blaming, isolation from family and friends
- **Sexual abuse** - rape, unwanted sexual contact, forcing sex with others, making you watch / take part in pornography
- **Financial abuse** - having to account for everything you spend, being kept without money, preventing you from getting/ keeping a job,
- **Harassment** - being watched, being followed, being pestered, receiving unwanted phone calls or text messages

You may experience one or all of these forms of abuse.

Any person can experience domestic violence regardless of race, ethnic or religious group, class, sexuality, disability or lifestyle.

DOMESTIC VIOLENCE
IS AN ISSUE OF
POWER AND CONTROL

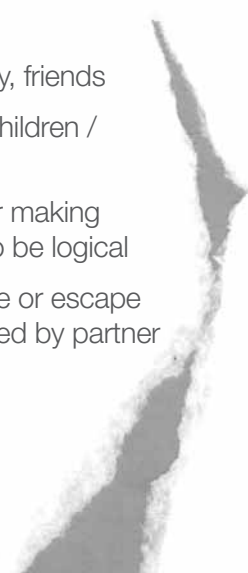
WHAT IS SUBSTANCE USE?

A drug is any substance that is taken by eating, chewing, snorting, smoking or injecting to create a change in mood and / or body. These can be:

- Alcohol
- **Drugs** such as - heroin, crack, cannabis, cocaine, amphetamines and others
- **Prescribed drugs** - Valium, Temazepan, Mogadon
- Solvents and aerosols

HOW DOES THIS AFFECT... YOU?

People reporting problems with alcohol & drugs often have:

- Feelings of guilt, shame, low self-esteem, isolation
 - Experience of trauma
 - Denial of the problem
 - Loss of support systems- family, friends
 - Feelings of fear of losing their children / housing if they seek help
 - Difficulty in making decisions or making decisions that do not appear to be logical
 - Efforts to reduce substance use or escape from abusive situation sabotaged by partner
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HOW DOES THIS AFFECT... YOUR CHILDREN?

Living in a family that is affected by domestic violence and/or substance misuse is stressful, especially for children.

- Children will often feel the need to keep it a secret
- Home life can be unpredictable, stressful and tense
- Some children can become anxious, withdrawn, depressed or behave angrily
- Children can lose self-confidence, fearing for themselves and the future

LOCAL ADVICE LINES

Wandsworth Social Services	0208 871 6622
Out of Hours Social Services	0208 871 6000
Housing Advice	0208 871 6840
Wandsworth Safety Net	0208 767 1641
Wandsworth Victim Support	0207 223 1234
Imani Family Support Project	0207 207 1117
Wandsworth Women's Aid	0208 871 2664
Gay Men's Shared Housing	0208 743 2165
Shanti Women's Aid (for Asian women)	0208 874 7262
Wandsworth Drug Project	0208 875 4400
Wandsworth Citizens Advice Bureaux	0208 682 3766
Wandsworth & Merton Law Centre	0208 767 2777
Wandsworth Police Community Safety Unit	0208 247 5424

REMOVE THIS CARD KEEP IT WITH YOU FOR QUICK REFERENCE

DOMESTIC VIOLENCE IS MUCH
MORE COMMON THAN MOST PEOPLE REALISE.
Even if you are **NOT EXPERIENCING IT YOURSELF**
YOU MAY KNOW SOMEONE who is.
This leaflet may **help you to help them**

DOMESTIC VIOLENCE AND SUBSTANCE MISUSE

- Alcohol and drugs are often present in abusive relationships
- Drug/Alcohol use does not cause domestic violence
- Drug/Alcohol use does not mean someone has a right to be violent towards you
- Women who use substances are more likely to experience domestic violence
- Women who experience domestic violence are more likely to misuse prescription drugs as well as alcohol

Get advice and assistance from these services:

NATIONAL ADVICE LINES

National Domestic Violence 24 hour Helpline	0808 2000 247
Male Advice & Enquiry Line (for men experiencing domestic violence)	0845 064 6800
Broken Rainbow (for lesbian, gay, bisexual & transgender victims of domestic violence)	0845 260 4460
NSPCC Child Protection 24 hour Helpline	0808 800 5000
Samaritans 24 hour helpline	08457 909 090
Childline (24 hour advice and helpline for children)	0800 1111
Ask Frank (drugs helpline)	0800 77 66 00
Refugee Council Advice Line	0207 346 6777
Respect Helpline (advice for men who are abusive towards their partners)	0845 122 8609
Dogs Trust Freedom Project (pet fostering service for families escaping domestic violence)	0845 122 8609
Police (Emergencies)	999

REMOVE THIS CARD KEEP IT WITH YOU FOR QUICK REFERENCE

VICTIMS OF
DOMESTIC VIOLENCE OFTEN
USE ALCOHOL AND/OR DRUGS TO
HELP THEM COPE

If you have difficulty understanding this in English, please contact:
Wandsworth Interpreting Service: (020) 8672 1043/3649

English

যদি আপনার এটি ইংরেজিতে বুঝতে অসুবিধা হয় তাহলে অনুগ্রহ করে এখানে যোগাযোগ
করুন: Wandsworth Interpreting Service: (020) 8672 1043/3649

Bengali

如果不能理解英文，请通过如下方式联系 Wandsworth 翻译服务公
司: (020) 8672 1043/3649

Chinese

Si vous avez des difficultés à comprendre ce texte en anglais, veuillez
contacter: Wandsworth Interpreting Service: (020) 8672 1043/3649

French

અગર તે અંગ્રેજીમાં સમજવી મુશ્કેલ લાગે તો મહેરબાની કરીને

Wandsworth Interpreting Service: (020) 8672 1043/3649 પર સંપર્ક કરો.

Gujarati

W razie problemów ze zrozumieniem tekstu w języku angielskim prosimy
o kontakt z: Wandsworth Interpreting Service: (020) 8672 1043/3649

Polish

Se tem dificuldades em compreender isto em Inglês, por favor,
contacte: Wandsworth Interpreting Service: (020) 8672 1043/3649

Portuguese

ਜੇ ਤੁਹਾਨੂੰ, ਇਸਨੂੰ ਅੰਗ੍ਰੇਜ਼ੀ ਵਿਚ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਿਲ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ:

Wandsworth Interpreting Service: (020) 8672 1043/3649

Punjabi

Hadday kugu adag tahay inaad ku fahamto Ingriis fadlan la xiriir:

Wandsworth Interpreting Service: (020) 8672 1043/3649

Somali

Si tiene dificultad para entenderlo en inglés favor contactar a:

Wandsworth Interpreting Service: (020) 8672 1043/3649

Spanish

இதை ஆங்கிலத்தில் புரிந்துகொள்வதில் சிரமம் இருந்தால் நீங்கள் தொடர்புகொள்ள
வேண்டியது: Wandsworth Interpreting Service: (020) 8672 1043/3649

Tamil

اگر آپ کو انگریزی میں اسے سمجھنے میں دشواری کا سامنا ہو تو برائے کرم رابطہ کریں:

Urdu

Wandsworth Interpreting Service: (020) 8672 1043/3649

This leaflet is available in large print or
audio tape.

Please contact (020) 8871 6437 or email
domesticviolence@wandsworth.gov.uk
www.wandsworth.gov.uk/domesticviolence