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Support for people who have suffered from domestic abuse and honour based violence



This information is from Galop.

We are a charity that is run by LGBT+ people.



We are here to support LGBT+ people who are hurt or treated badly.



Domestic abuse

Abuse is being bullied, hurt or made to feel scared.

It is also when people say nasty things to you or make you do sexual things you don't want.



Domestic abuse is when you are abused by your partner or someone from your family.



Whatever your experience, we are here to help.

Honour based violence



Honour based violence is where you suffer violence by someone in your family because they think you have brought shame to the family.



Honour based violence is a type of domestic abuse. It is against the law.

Types of domestic abuse



There are many types of domestic abuse, including:

- being hurt



- being shouted at



- being called names



- being accused of cheating



- being stopped from seeing your friends



- being watched and checked up on all the time



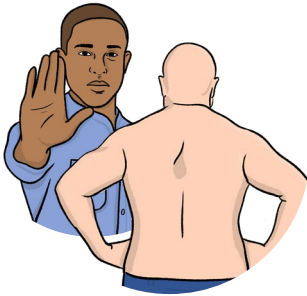
- damage to your things



- having your money controlled by someone



- being followed or harassed



- being forced to have sex



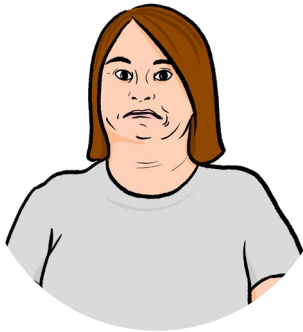
- being forced to get married



- making other people hurt you



- calling you the wrong gender



- making you feel afraid



- saying bad things about your sexuality



- stopping you from taking your medicine



- using your children to control you



- saying you are a bad parent



- threatening to tell others that you are gay or trans when you don't want it



- threatening to tell others that you have **HIV**.

HIV is an illness spread by people having sex without using a condom. It affects non-gay people as well as gay people.

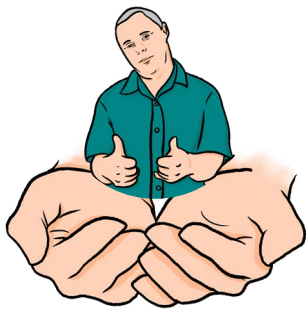


Galop's support services

We offer a safe and private place where you can talk about what has happened and learn what you can do.



Our service is for and run by LGBT+ people.



We will not tell you what to do but we can help you:

- feel safe



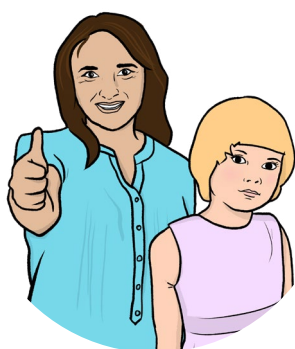
- have more control in your life



- make choices that are right for you.



We can help to make a plan to keep yourself safe.

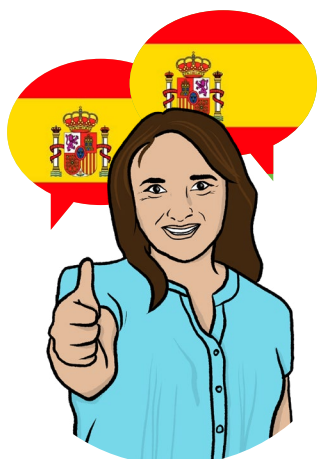


If you have children, we help you think about what is best for them.



We can help you get specialist advice about:

- counselling
- housing
- the law.



If you need to be with people who speak your own language, we will try our best to do this.



We can also help you to get a translation service in your own language.



We are a service that will always put your safety and wellbeing first.

You do not have to face this alone, we are here for you.



National LGBT+ Domestic Abuse Helpline

This helpline gives support to LGBT+ people who are suffering from domestic abuse. It is free to call.

Phone: **0800 999 5428**

Webchat: **www.galop.org.uk**

Email: **help@galop.org.uk**

LGBT+ domestic abuse survivors' forum



Website: www.galop.org.uk/lgbt-survivors

How to contact Galop:



Website: www.galop.org.uk

Email: advice@galop.org.uk

Helpline, this number is free to call:
0800 999 5428