

# How to access our domestic abuse service



Call us on **023 9268 8472** to ask for more information or arrange an appointment.

## Additional support and information

### Police: In an emergency, dial 999

Hampshire Police (non-emergency)	<b>101</b>
Women's Aid • National 24hr Domestic Violence helpline	<b>0808 2000 247</b>
Housing options (Portsmouth City Council)	<b>023 9283 4989</b>
Children Social Care (Portsmouth City Council)	<b>023 9268 8793</b>
Adult Social Care (Portsmouth City Council)	<b>023 9268 0810</b>
Southern Domestic Abuse Service (Outreach Service)	<b>023 9206 5494</b>
Portsmouth Hospitals	<b>023 9228 6000</b>
Victim Support	<b>023 8024 0616</b> or <b>0808 1689111</b>
Karma Nirvana (Honour Based Violence)	<b>0800 599 9247</b>

### For more information about domestic abuse:

Refuge: [www.refuge.org.uk](http://www.refuge.org.uk)

Women's Aid: [www.womensaid.org.uk](http://www.womensaid.org.uk)

Victim Support: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Karma Nirvana: [www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

You can get this information in large print, Braille, audio or in another language by calling 023 9268 8472.

# DOMESTIC ABUSE

PORTSMOUTH **IDVA** PROJECT

A specialist service for individuals experiencing domestic abuse

# 023 9268 8472



## The Portsmouth IDVA Project can help and support people aged 13 years or over who are assessed as being at high risk of serious harm.

If you are experiencing domestic abuse and would like support please get in touch on 023 9268 8472. We are open Monday to Friday 9.00am - 5.00pm and our experienced specialist Independent Domestic Violence Advocates (IDVA) will be available to discuss your concerns and support needs.

## What is domestic abuse?

Domestic abuse can take many forms and is not always just about physical violence. It may also include using unhealthy behaviour which can have a negative impact on an individual's safety, mental health and wellbeing. Abuse may take place in the form of:

- controlling behaviour
- emotional abuse
- the destruction of property
- isolation from friends, family or other potential sources of support
- control over access to money
- behaviour that constitutes harassment
- stalking
- using intimidation
- using children
- using coercion and threats
- denying and blaming

## What do we offer?

We offer non-judgmental support and advice to those individuals assessed to be at high risk of serious harm, focusing primarily on safety and risk reduction.

Support provided will depend on what you feel you need. This may include:

- Assistance with immediate safety and/or access to emergency accommodation.
- Support regarding longer-term housing needs.
- Help with legal matters, access to solicitors and advice about legal options.
- Support in court.
- Providing signposting advice to appropriate counselling services.

Contact can be by telephone, email (if safe to do so) or by way of an informal face-to-face chat with a project worker in a safe location.

**We do not work with perpetrators of abuse. For information about services available for perpetrators, please contact Up2U on 023 9243 7608 or email: [Up2U@portsmouthcc.gov.uk](mailto:Up2U@portsmouthcc.gov.uk)**

