

Local phone numbers:

DAVSS - your local helpline for men or women (10am-1pm weekdays)
Tel: 01892 570538

West Kent Police.

Tel: Non emergency 101, but in an emergency always dial 999

Samaritans - (24hrs)

Tel: 01892 532323

Family Matters - for children and adult survivors of sexual violence and rape.

Tel: 01474 537392

National phone numbers:

National Centre for Domestic Violence - for help getting an injunction.

Tel: 0844 8044 999

National Domestic Violence Helpline - (24hrs) Tel: 0808 2000 247

Men's Advice Line - advice and support for men experiencing domestic abuse.

Tel: 0808 801 0327

Respect - for information and advice on domestic abuse perpetrator issues.

Tel: 0808 802 4040

Broken Rainbow - information and support for lesbian, gay, bisexual and transgender victims of domestic abuse.

Tel: 0300 999 5428

BT Advice Line, Malicious Calls

Tel: 0800 661 441

Childline

Tel: 0800 11 11

**DOMESTIC ABUSE DOES NOT
DISCRIMINATE, NEITHER DO WE**

WHAT CAN YOU DO?

Tell someone what is happening to you
Make arrangements with friends, relatives or employers on what to do if they are concerned about you

CALL THE POLICE

If you and/or your family are being threatened or attacked

Dial 999

Ask neighbours to call the police if they hear cries for help, yelling or loud noises

DON'T KEEP THE ASSAULT SECRET

Your GP or hospital A&E will record your injuries as well as treat them

BREAK THE ISOLATION

Increase contact with others and get help. Isolation can make it harder for you to take action.

TALK TO US

Your local help line is:

01892 570538

Out of hours message service available.

This charity is supported by Tunbridge Wells Community Safety Partnership and Borough Council, Sevenoaks District Community Safety Partnership and District Council, Tonbridge & Malling Borough Council, Town & Country Housing, KCC Councillors, HSBC International, Kent People's Trust, John Coldman Charitable Trust, Community Action Against Crime Innovation Fund, West Kent Police, Resolution, Waitrose, Soroptimist International of Sevenoaks, Colyer-Fergusson Charitable Trust, AXA PPP, local churches and individuals.

Domestic Abuse Volunteer Support Services (DAVSS)
Company Limited by Guarantee No. 7660698
Registered Charity No. 1143001

Domestic Abuse Volunteer Support Services (DAVSS)



Local Help Line **01892 570538**

(10am to 1pm weekdays)

Out of hours message
service available.

A registered charity based in
West Kent, supporting anyone
(men or women)
experiencing
Domestic Abuse

Talk to us

web: www.davss.org.uk

email: office@davss.org.uk

About us

We are a local charity providing support and information to people across West Kent who are experiencing domestic abuse.



Having time to listen

Our highly trained volunteers and professionals have the knowledge, experience and time to be able to

offer information and support to enable you to make informed decisions that will provide safety for you and your family.

We provide:

- A helpline from 10am to 1pm weekdays
- Practical support
- Choices and options

Alternatively we'll simply listen if that's what you need.

Talk to us, on 01892 570538.
or email: office@davss.org.uk

You are not alone.

Even though you may feel fearful, isolated and confused, you do not have to suffer in silence – our help is just a phone call away.

You won't be pressurised to take action, we will simply help you to explore possibilities.

Whatever your needs are, you are welcome to use our service.

Our helpline and support is confidential and free.

What is Domestic Abuse

Domestic Abuse can affect anyone. It knows no boundaries with regard to age, gender, race, religion, culture, sexuality, social status or geographical location.

One in four women and one in six men will experience domestic abuse during their lives.



Children can also be affected. Domestic abuse, is a pattern of aggressive and controlling behaviour by one person towards

another within the context of an intimate relationship.

It can take many forms including :

- **Coercion & Threats** –threatening to hurt you, leave you, commit suicide, making you do illegal things and then making you drop any charges.
- **Intimidation** – making you afraid by using looks, actions, gestures, displaying weapons, smashing things, abusing pets.
- **Emotional Abuse** – putting you down, humiliating you, calling you names, making you feel guilty or think you're crazy.
- **Isolation** – controlling what you do, who you see, who you talk to and where you go.
- **Financial** – preventing you from getting a job, making you ask for money, taking your money, denying access to family income.
- **Minimising, Denying & Blaming** – making light of the abuse, shifting responsibility for the abusive behaviour, blaming it on you.
- **Using Children** – making you feel guilty about the children, using visitation to harass you, threatening to take the children away.
- **Physical Assaults** – punching, slapping, kicking, strangling or choking you.

How we can support you

We offer free, confidential support by:

- Helping you to identify the risks in your situation
- Working with you to produce a safety plan so you feel safer
- Offering options tailored to your situation
- Discussing choices that give you options
- Offering to accompany you at meetings or attending court
- Offering support to access housing / benefits advice
- Putting you in touch with other agencies who can help you
- Listening without bias or judgement



Support through a court case

DAVSS

Domestic Abuse Volunteer Support Services

01892 570538

10.00am to 1.00pm Monday to Friday

“Talk to us”

If you want to talk to someone about what is happening to you, a friend or a family member, call us.

• Sevenoaks District, Tonbridge & Malling and
Tunbridge Wells Boroughs •