

WE ARE BIRMINGHAM LGBT

If you're **LGBTQ+**, living in Birmingham or the West Midlands and are **suffering abuse from a partner, ex-partner or family member**, our Independent Domestic Violence Advocacy (IDVA) service is here to help.

We can provide free advice, support and advocacy in a **confidential** and **non-judgemental** environment to help you ensure your safety.

WHAT IS DOMESTIC ABUSE?

It can be difficult to recognise, and it may be hard to reach out for help. It's a pattern of controlling or coercive behaviour including (but not limited to) **emotional abuse, physical abuse, sexual abuse** and **financial abuse**.

It also includes **being forced into a marriage that you don't consent to**, or if you are **receiving threats or feel unsafe because people think you are doing something that is bringing shame or dishonour on your religion, family or community**, as well as **threats of female genital mutilation**.

GET IN TOUCH



Birmingham LGBT
38-40 Holloway Circus
Birmingham
B1 1EQ



Birmingham LGBT
A Company registered in England – 07203554
A Charity registered in England & Wales – 1141568

**BIRMINGHAM
LGBT**

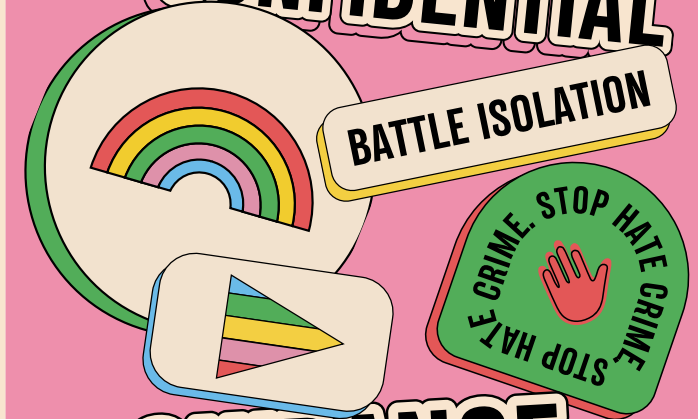
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**ADVICE
SUPPORT**

**LGBTQ+
DOMESTIC
VIOLENCE
SERVICE**

CONFIDENTIAL



BATTLE ISOLATION

GUIDANCE

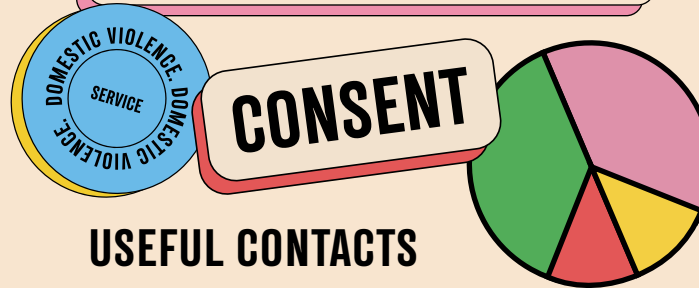
AM I EXPERIENCING DOMESTIC ABUSE?

Does your abuser:

- Isolate you from friends and family, or the LGBTQ+ Community?
- Gaslight and manipulate you, or make you feel bad about yourself?
- Withhold your medication (including hormone therapy)?
- Act in excessively jealous and controlling ways?
- Threaten to "out" you?
- Prevent you from expressing your gender identity?
- Manipulate or harass you?
- Constantly check up on you?
- Blame you, alcohol or drugs for their abusive behaviour?
- Control your finances?
- Hit, shove or push you, or threaten you with weapons?
- Force you to have sex, prevent you from having safer sex, or deliberately withhold sex?
- Threaten to tell social services you are a bad parent, or withhold contact with your children?

If you answered yes to a number of the these, **you might be. Please get in touch with us for support.**

If your abuser has assaulted you, or you're afraid for your own or another person's safety, **always ring 999.**



USEFUL CONTACTS

GALOP LGBT Domestic Violence Helpline
0800 999 5428

National 24 Hour Helpline
0808 200 0247

RSVP (Rape & Sexual Violence Project)
0121 643 4136

Victim Support
0300 303 1977

National Centre for Domestic Violence
0800 970 2070

Forced Marriage Unit
0207 008 0151

Birmingham & Solihull Women's Aid
0808 800 0028

OUR SUPPORT

We'll invite you for an initial assessment, to discuss your situation, which can be over the **telephone**, via **video call** or **in person**.

We can offer:

- Advice regarding your options
- Risk assessments and safety planning specific to your situation.
- Advocating on your behalf to relevant agencies such as police, social services and at MARAC.
- Emotional and practical support.
- Signposting to relevant agencies
- Assistance at court.

HELP

ACCESSING OUR SERVICES

You can self-refer into our services via phone, email or by walking in and asking to be referred.

If you have any accessibility needs, you can call us before your appointment and let us know.

RESPECT

