

**Useful telephone numbers**

All the agencies listed below will give you advice and information and help you find the way to forward to a safe future.

**In an emergency always call the police by dialling 999**

Barnardo's Tayside Domestic Abuse Initiative  
**01382 596866**

Dundee North Law Centre  
**01382 432458**

Shelter  
**08445 152 528**

Tayside Police Domestic Abuse Officer  
**01382 591912**

Victim Support  
**01382 305707**

Citizens Advice Bureau  
**01382 307494**

Lettings Centre  
**01382 307400**

Women's Rape and Sexual Abuse Centre  
**01382 201291**



[www.dundee.gov.uk](http://www.dundee.gov.uk)

**We can provide this information in large print or in another format that meets your needs.**

<b>Chinese</b>	欲知詳情，請致電：01382 431563
<b>Russian</b>	Более подробную информацию можно получить позвонив по телефону: 01382 431563
<b>Urdu</b>	مزید معلومات کے لئے برائے مہربانی 01382 431563 پر فون کریں۔
<b>Polish</b>	po dalszą informację zadzwoń pod numer 01382 431563
<b>Other formats</b>	For more information please phone 01382 434503.



# Domestic Abuse

Your Guide to Housing Support and Advice



## What is Domestic Abuse?

Domestic abuse is when you are being abused, threatened, physically or sexually assaulted by a partner, former partner or family member.

As well as actual physical violence, domestic abuse can involve a wide range of abusive and controlling behaviour, such as:

- Threats
- Harassment
- Financial control
- Emotional abuse
- Social isolation
- Sexual exploitation

If you are in a relationship where you are being abused, you may feel frightened, alone and confused - but you are not to blame, no-one deserves to be abused.

If you are a victim of domestic abuse, you don't have to suffer alone. There are people ready to listen, offer advice and support you.

## What are your options?

- Move temporarily to get time think about your options. This could be with friends, family, refuge accommodation provided by Dundee Women's Aid or temporary accommodation provided by the Lily Walker Centre (the Council's Homeless Unit).
- Move out of the family home and find somewhere else to stay, for example, with a Housing Association or private landlord

- Stay in your home with extra security measures, if the abuser doesn't live with you and you want to remain there
- Seek legal advice if you want to remove the abuser from the family home
- Stay with abuser, but seek help

## Lily Walker Centre

If you have decided that you want to leave, staff at the Lily Walker Centre can give you practical help and advice.

The Lily Walker Centre is at 105 Ann Street, which is in the Hilltown area of the city. Buses that pass near to the Lily Walker Centre are the 1a, 1b, 18 and 22.

You can call the freephone Homelessness Advice Line 0800 633 5843, 24 hours a day.

The Lily Walker Centre can:

- Provide you in safe secure temporary accommodation
- Give you advice about your housing options and your rights
- Refer you to Dundee Women's Aid
- Help you to contact Housing Associations and private landlords

## Dundee Women's Aid Refuge

This refuge is a safe and secure house where you and their children (if you have them), can stay free from abuse. It offers a temporary breathing space where you can make decisions free from pressure and fear.

Dundee Women's Aid workers will offer you support and information about your rights, and can also provide support for your children. The support they provide can also continue once you have left refuge and moved into a new home.

**You can call Dundee Women's Aid on 01382 202525.**

## Extra security for your home

The Lily Walker Centre, Dundee Women's Aid and Tayside Police Domestic Abuse Officer can help you to arrange extra security measures for your home. This can be done if the abuser does not live with you to help keep them away and make sure that you feel safe.

## Help from other agencies

As well as the Lily Walker Centre and Dundee Women's Aid there are several local agencies that can give you help and support so you can plan for a safe future. You will find contact details for these agencies at the end of this leaflet.

## Remember

It doesn't matter how many times you contact these agencies they will always be happy to help you. Whether you have children or not they will still offer help and support.