

What is an Alcohol or Drug problem?

Is your use of alcohol or drugs:

- causing you problems in your relationships?
- affecting your health in a negative way?
- causing you problems with the Police?

Many people experience a range of very different problems which are related to their drinking or drug use, sometimes this is to do with relationships, the law or how you feel emotionally or physically...everyone is very different.

What is Domestic Abuse?

Domestic Abuse may be physical, emotional, psychological or sexual. Often a woman will experience a combination of all four. The abuse may be constant over a long period of time or it may be short-lived.

Is your partner, ex-partner or anyone close to you...

- hitting you or your children?
- threatening you or your children?
- intimidating you?
- isolating you from friends or family?
- forcing you to have sex?

These are all forms of Domestic Abuse

• One woman in 5 will experience Domestic Abuse in their lifetime

This is one in 5 too many

- **2 woman are killed in the UK every week as a result of Domestic Violence**

“ I must deserve it or provoke it”.

• Women who experience domestic abuse often use alcohol and/or drugs to help them cope

There is no justification for using violence, unless your life is in danger. No-one deserves to be abused, and there is always an alternative, no matter how angry you are.

Help is available for all women - someone to talk to, who listens and understands you. Someone will be there to give you confidential services providing information and support.

- Practical and emotional support
- Information on rights
- Legal issues
- Welfare and housing issues
- Safe refuge

We can really help, talk about it

“ It wasn't always physical, a lot of the time it was mental... looking back it was mental...I didn't see it...he cracked away all my confidence...”

If you are a worker and wish to have a copy of our Good Practice Guidelines or for an additional copy of this leaflet, please contact:

**Dundee Domestic Abuse Forum
1 Shore Terrace, Dundee DD1 3AH
[01382] 434569**



Domestic Abuse & Drugs and Alcohol

Domestic Violence is a Human Rights violation and is perhaps the most pervasive. It knows no boundaries of geography, culture or wealth. As long as it continues we cannot claim to be making real progress towards equality, development and peace.

- Kofi Annan (former UN Secretary General)

Let's talk about it - We're here to help



domestic abuse



substance misuse



domestic abuse



Domestic Abuse and Drugs & Alcohol



Drug/Alcohol use does not
cause domestic abuse



Drug/Alcohol use does not
mean someone has a right to
be violent towards you



Women who misuse
substances are more likely to
experience domestic abuse



Women who experience
domestic abuse are more likely
to misuse prescription and/or
illicit drugs as well as alcohol

Let's talk about it
We're here to help

**"I feel that I can talk
to them... and they
will listen".**



Women who experience domestic
abuse often use alcohol and/or
drugs to help them cope

**"The support was
there to help me
move on".**



Women who are abused are:
• **15 times more likely to misuse alcohol**
• **9 times more likely to misuse drugs**

(Responding to Domestic Abuse, Guidelines for Health
Care Workers in NHS Scotland, Scottish Executive, 2003)

Contact Numbers

Angus Women's Aid
01241 439457
info@anguswomensaid.co.uk

Dundee Women's Aid
01382 202525
dwa@dundeewomensaid.co.uk

Perth Women's Aid
01738 639043
contactus@perthwomensaid.co.uk

Tayside Substance Misuse Service:
Tayside Drug Problem Service
01382 424544

Tayside Alcohol Problem Service
Dundee 01382 424501
Angus 01307 534820
Perth & Kinross 01738 642170

Tayside Council on Alcohol
0845 072 0190
enquiries@alcoholtayside.com

ADDACTION - Dundee Direct Access Service
01382 206888
dundeedirectaccess@addaction.org.uk

Social Work Alcohol & Drug Team:
Dundee 01382 307570
Angus 01307 461460
Perth & Kinross 01738 444443

24 hour Domestic Abuse Helpline
0800 027 1234

For more information about substance
misuse services in Tayside visit:

www.ddaf.co.uk

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

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



substance misuse



domestic abuse



substance misuse

