

Confidentiality

Dundee Women's Aid will ensure that information remains confidential to DWA. However we are obliged to pass on any concerns of child protection, abuse of vulnerable adults or serious criminal conduct to relevant agencies. We will discuss confidentiality in more detail with you during your first appointment.

“ I went back and forward to Women's Aid for counselling and support which helped me emotionally, physically and mentally. I also had the support of family and a few good friends.

Don't feel ashamed to go to Women's Aid for advice, help and support as nobody should have to live like that, we are all individuals and have the right to respect. ”

Other Related Services:

MIA (MARAC Independent Advocacy)
01382 596100

DWA Children and Young Person's Service
01382 220803

Fearless
0131 624 7266

National Abuse Helpline
0800 027 1234 (24hrs)

Getting in Touch

If you would like to speak to one of our workers, you can telephone Dundee Women's Aid on our Support line number (01382 207099) or ask to be referred (anyone can refer you e.g. your GP, health visitor, support worker). We will tell you a bit more about the service and arrange a time for you to come in and meet with us.

There are other ways you can contact us or visit.

**Top Floor, Enterprise House
45 North Lindsay Street
Dundee
DD1 1PW**

Tel. 01382 207099

Text. 07763682105

Email. support@dundeewomensaid.co.uk



DUNDEE, Women's Aid

Women's Support Services



What is Domestic Abuse?

It is persistent and controlling behaviour by a partner or ex-partner. It is about control, manipulation and humiliation which causes physical, sexual and/or emotional harm. It is very common and often gets worse over time.

In most cases, it is experienced by women and children and is perpetrated by men. People who identify as LGBTI, also experience domestic abuse. Their sexual orientation, gender identity or intersex status may be exploited as part of the domestic abuse.

Is your partner or ex-partner...

- ♦ Hitting you?
- ♦ Threatening you?
- ♦ Intimidating you?
- ♦ Isolating you from family or friends?
- ♦ Controlling everything you do?
- ♦ Forcing you to have sex?
- ♦ Withholding money or controlling you financially?
- ♦ Undermining of your sexual orientation or gender identity?

These are all forms of domestic abuse.

Children are affected by seeing or hearing the abuse or by being hurt themselves.

Women and children can recover from the effects of domestic abuse and move on with their lives.

We are here to support you.

You are not alone, we are here to support you

Outreach Support

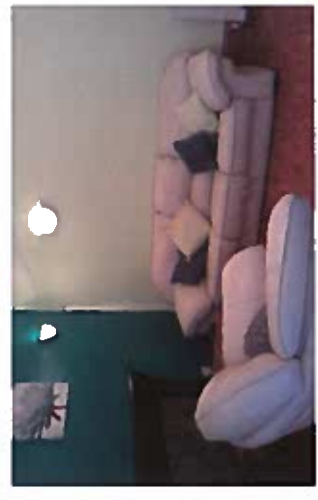
We deliver an outreach service for women who do not want or need to come into refuge. The Outreach service is available to women regardless of whether you are with the perpetrator of abuse or not. This service is generally delivered in our office base but if necessary we can arrange to meet you elsewhere when it is safe to do so. On average you will receive 6 appointments but it is possible to extend this if required.

1:1 Support and Group work

We support you on a 1:1 basis in areas such as finances, health and wellbeing, housing, benefits, emotional issues and confidence as well as working with you to understand domestic abuse and your own experiences. We offer a variety of group work opportunities for you.

We support all women experiencing domestic abuse.

We do not discriminate on the grounds of: disability, intersex status, sexual orientation, religion and belief, race, or transgender identity.



Refuge Accommodation

Refuge is safe accommodation. Our refuges are all self-contained, fully furnished and stocked with enough food and toiletries to get you started.

Together with the accommodation, you will be provided with ongoing practical and emotional support from your DWA support worker.

While staying in refuge there are rules which you will have to abide by. These include no male visitors, no pets and keeping the address confidential.