

Recognising domestic abuse, sexual abuse or sexual violence may be difficult for someone experiencing it.

As a professional you may be able to help an individual recognise it and get the right support.

Historic abuse will need specialist help and support.

It's a complex issue; there is no "one size fits all" response.

Quick numbers

**If someone is in immediate danger
always dial 999**

Torbay Domestic Abuse Service
0800 9161474

Devon Rape Crisis & Sexual Abuse Services
01392 208756

Victim Care Unit
victimcaredevonandcornwall.org.uk
(live webchat)

MASH
To report concern for a child
01803 208100

To report concern for an adult at risk
01803 219888

Out of Hours number for safeguarding referrals
(children & adults) 0300 456 4876

Police 101 (non-emergency)
101

Samaritans
116123

Galop (LGBT National DASV Helpline)
0800 9995428 or *0300 999 5428

*charged as 01 or 02 numbers but should be inclusive minutes

Mankind (National charity for male victims)
01823 334244

Childline
0800 1111

Revenge Porn Helpline
03456 000 459

*charged as 01 or 02 numbers but should be inclusive minutes

**No-one has the right to hurt someone else's
body or mind**

**are
you
ok?**

ask the question
make a difference

Working with someone who is living
with or has experienced domestic
abuse or sexual violence?

**Professionals'
Guide to support
services in Torbay**

www.areyouok.co.uk

Anyone can be the victim of or witness to domestic abuse, sexual abuse or sexual violence, irrespective of age, gender, social standing or ability.

An individual is more likely to be raped or sexually assaulted by someone they know than by a stranger.

There are male and female perpetrators of domestic abuse and sexual violence, both young and old.

Someone experiencing abuse won't always present as a victim but there may be other indicators or signs such as missed appointments or being accompanied to appointments, alcohol or drug use, anxiety etc.

To find out more, login to iLearn <http://torbay.learningpool.com/> and complete the IDASV module.

To request a login go to <https://forms.torbay.gov.uk/tscblearningpool>

Do you ask the question?

Routine enquiry is asking everyone you come into contact with, sensitively, whether they have experienced abuse or violence. Remember, not everyone will recognise the terms 'domestic abuse' or 'sexual violence' or indeed relate to them. The individual must be on their own when asked.

One of the simplest ways of doing this is to ask "Are you OK?" If you need help on how to do this, visit

www.areyouok.co.uk/im-a-professional/talking-about-abuse/

If someone discloses that they are living with domestic abuse or sexual violence, what can you do?

- Listen without interruption. You may be the only person they have told
 - Don't be judgemental
 - Find out what they want to do about it & offer options, including available support
 - Consider their safety and that of any children* & offer practical advice (see website)
 - Do they want you to make referrals?
 - Can you complete a CAADA DASH RIC? Are they HIGH RISK – refer to MARAC
- torbaydau@devonandcornwall.pnn.police.uk**

*if children are at immediate risk of harm, a referral to MASH must be made; think about the Unborn Baby Protocol

What's on the website?



I need help



I'm worried about someone



Sexual violence and abuse



Directory of services



I'm a young person



I'm a professional



Am I hurting someone?

How healthy is my relationship? (quiz)

What help is available locally?

Visit www.areyouok.co.uk and find contact details for a wide range of both local and national support services for any age, gender or ability.