

Domestic violence is a serious crime. Nobody has the right to abuse you physically, sexually, emotionally, or financially.

You may experience:

- Name calling or put downs
- Enforced isolation from family or friends
- Withholding of money
- Actual or threatened physical harm
- Sexual assault

In a crisis situation your safety is vital. None of the following is essential, but if you are planning to leave you should consider the following:

- Identification
- Birth certificates
- Money/bank books/credit cards
- Keys - house/car/office
- Driver's license/registration
- Mortgage payment receipts
- Change of clothes and toiletries
- Passports/visas/work permits
- House deeds
- Insurance papers
- Address book
- Children's favourite toys

Outreach Service:

Bournemouth	01202 547641
Christchurch and East Dorset	0800 3284457
Dorset Women's Outreach	0800 5877480
Poole DV Project	01202 710777
Relate Bournemouth and Poole	01202 311231
Relate Dorchester	01305 262285

Women's refuge:

Bournemouth	01202 547755
Poole	01202 748488
Weymouth	01305 772295
Women's Aid 24 Hour Helpline	0800 20000247

Police Domestic Violence Officers:

Bournemouth	01202 222222
Poole	01202 222222
Ferndown	01202 226253/226089
Weymouth	01305 226547
Victim Support	01202 606200