

# Relate and Domestic Violence

**Relate is the UK's largest provider** of relationship counselling and sex therapy. We estimate that 30% percent of people who contact us experience violence and abuse. Our priorities for those people are to:

- Increase the safety of victim/survivors and their children.
- Prevent domestic violence occurring/re-occurring.
- Help abusers to be accountable for their abusive behaviour.

**Counselling together may not be safe.** When a person is being hurt or threatened by their partner or is afraid for their safety and their children's safety, counselling them with their partner is not safe. They need the help of a specialist domestic violence agency and Relate will help them work out the best option for them.

## Referral Details for Relate

- Information about Relate Lancashire can be found at [www.relatelancashire.org.uk](http://www.relatelancashire.org.uk)
- General Enquiries or to make an appointment phone 01772-717597 or e-mail [enquiries@relate.org.uk](mailto:enquiries@relate.org.uk)
- Information about other Relate Centres can be found at [www.relate.org.uk](http://www.relate.org.uk) or phone 0845-4561310

## Useful phone numbers

### **National Domestic Violence Helpline Freephone 0808 2000 247**

This Helpline is run by Women's Aid and Refuge. It provides access to 24 hour emergency refuge accommodation and information service, including safety planning and translation facilities.

### **Broken Rainbow 07812 644 914**

Referral service for lesbian, gay, bisexual and transgender people experiencing domestic violence.

### **Careline - 0208 514 1177**

A national, confidential counselling line for children, young people and adults on any issue including family, marital & relationship problems, child abuse, rape & sexual assault, depression and anxiety

### **Men's Advice Line and Enquiries 0208 644 9914**

Information, support and advice to men experiencing domestic violence. Open from 9am to 10pm, Monday and Wednesday. Local projects for men are available in some areas

### **Shelterline 0808 800 444**

Shelterline is Britain's first 24 hour free, national housing Helpline. It provides advice to anyone experiencing harassment or violence within the home.

### **Respect 020 8563 8523**

Respect is a registered charity and national membership organisation promoting best practice for domestic violence perpetrator programmes and associated support services in the UK.

### **Victim Support 0845 3030 900**

Offers support, information, advice links to other organisations, contacts and other sources.

### **Samaritans 08457 909 090**

Provides 24 hour confidential, emotional support for anyone in crisis.

### **National Child Protection Helpline (NSPCC) 0808 800 5000**

Free confidential service for anyone concerned about children at risk including children themselves. The service offers counselling, information and advice.

**Relate's primary concern in domestic violence cases is the safety of victim/survivors and their children**

**Relate is working to promote health respect and justice in couple and family relationships**

relate  
the relationship people

# Three Ways Relate Can Help: Bridging to Safety - Prevention - Recovery

## Bridging to safety

Many people suffering abuse do not know if what is happening to them is normal, they think it is something that just happens in relationships.

- Their Relate counsellor will help them see that what is happening is not normal or acceptable and help them to take action to increase their safety.

**Relate provides** a place where someone who is in a dangerous relationship

- can tell what is happening to them
- will be heard and believed and
- will then be supported and helped to connect with the resources they need.

**Relate understands** the interconnection between protecting and supporting children who witness domestic violence and the need to support and protect their vulnerable parent. When a woman tells us she is being abused we respond with a model of empowerment to support her in getting the help she needs for herself and her children in the way she thinks best and at her pace.

## Prevention – early intervention

Violence and abuse have to be seen both in the context of societal norms about gender and of the danger of a vulnerable person feeling responsible for their partner's violence. So, when couples tell us there has been some abusive or violent act and asks us to help them, we make a careful assessment:

- does the perpetrator fully accept responsibility for their action?
- are they motivated to change?
- does their partner really want to accompany them in this work?
- is it viable to make a realistic safety plan?

**Relate's primary concern in domestic violence cases is the safety of victim/survivors and their children**

**Relate is working to promote health respect and justice in couple and family relationships**

## Prevention – strengthening equality

Relationship work can strengthen equality and develop elements such as respect, trust and support, negotiation and fairness – conditions that counter those common to abusive relationships.

## Prevention – reducing danger

People who have been abusive or violent to their partners ask Relate to help them stop. Relate encourages their motivation to change and helps them to connect with a specialist agency through Respect - see contact number overleaf.

## Recovery

**Relate provides** individual counselling and sex therapy for those who leave abusive or violent relationships to help them come to terms with:

- the loss of years of investment in a relationship
- loss of sexual relationship
- trauma of sexual assault
- re/discovery of sexual identity

**Relate provides** individual and family counselling for children and young people for:

- dealing with the loss of a parental relationship
- adjustment to a new way of being a family

**Relate helps** many adults who witnessed domestic violence in their childhood cope with the impact it is having on their current relationship or sex life.

relate  
the relationship people