Domestic violence and women with learning disabilities

Don’t put up with it!
Being abused happens to lots of women in relationships. This is called domestic violence (or domestic abuse) and includes lots of different things:

- It can be physical violence.
- It can be sexual abuse.
It can be your partner taking your money from you.

It can be insults or verbal abuse.

It can be nasty texts or phone calls.
Children will be upset by what is going on, even if they are not being hit themselves.

Your partner might also hurt your children, if you have any.

Sometimes your pet might get hurt too.
If any of these things are happening to you, it is best to get help.

Always call the Police for help if you are being hurt or are in danger.

If you have a social worker, care manager or community nurse, you can ask them for help.
Friends or family might be able to help you.

Your GP or a nurse could help too.

If you tell someone, you can get help to make it stop.
If you report domestic violence to the Police, you may be able to take your partner to court and they could be punished.

If you are in danger at home, you might be able to stay for a while in a women’s refuge. This is a safe house for women and children.

Getting help to stop the abuse can give you your freedom back!
This leaflet was written by Michelle McCarthy at the Tizard Centre, University of Kent. A video for women with learning disabilities on domestic violence is also available from Michelle. Email M.McCarthy@kent.ac.uk or call 01227 827997.