



## Domestic Abuse

### The following are some key things to look out for when seeing or speaking to someone:

- If a person discloses that their activities and interactions with friends and family are being monitored
- If you contact someone and you can hear someone questioning them from behind
- If during interaction with someone you notice injuries, if you are able to ask about them safely, does the explanation make sense?
- If a person says they have family and friends, explore further to see if they are being given the opportunity to speak with them.
- If a person says they cannot work from home, ensure you know what is stopping them.
- If an individual needs help with shopping and medication and you feel that someone is controlling how they spend their money.
- If an individual reports damage to property; ensure that the reason for the damage makes sense.
- If an individual is extremely apologetic or meek and seems fearful
- If a person seems agitated, anxious, or is constantly apprehensive
- If they are talking about or attempting suicide

### Do:

- **Ask if something is wrong and express concern.**
- **Explore any suspicions further with them if safe to do so. However, do not judge or blame, instead listen and validate.**
- If you are worried for their immediate safety call 999
- If you are concerned that a crime may have been committed call 101
- If you just need further advice on how to proceed; call End the Fear on 0161 636 7525. On weekends call National Domestic Abuse helpline on 08008 2000 247

For more information about Domestic Abuse and some specialist services visit:

- [The Bury Directory](#)