



together  
we can end  
domestic abuse

women's aid  
until women & children are safe

# What is domestic abuse?



Domestic abuse is the abuse of one partner within an intimate or family relationship using a pattern of controlling, coercive, threatening, degrading or violent behaviour.

Domestic abuse can involve physical or sexual violence including rape, punching, hitting, slapping and threatening to kill or harm. But abuse isn't always physical and perpetrators often use emotional abuse, bullying and humiliation to intimidate and isolate, making it very hard for women to leave. Coercive and controlling behaviour is now a criminal offense.

Domestic abuse can happen to anyone, regardless of age, social background, gender, religion, sexuality or ethnicity.

Sadly, domestic abuse is very common and in the majority of cases is experienced by women and perpetrated by men. It is rarely a one-off event and tends to escalate in frequency and severity over time.



On average three women are killed by their partner or ex-partner every week in England and Wales.



According to the Home Office, domestic abuse costs society **£66 billion per year.**

Find out more at  
**[www.womensaid.org.uk](http://www.womensaid.org.uk)**



# Our life-changing work

Women's Aid are a national charity working to end domestic abuse against women and children. We are a federation of over 170 organisations which provide just under 300 local lifesaving services to women and children across the country.

## We support survivors of abuse

Our support services are run by fully trained female advice workers who never judge and give women space to explore their options and make safe choices. Whether using our Live Chat, email service or Survivors Forum, our confidential support saves lives.

## We work to end domestic abuse

Our training and campaigns achieve real change and help to build a future where domestic abuse doesn't exist. There is no magic wand that will solve domestic abuse – we need people to come together, and do what they can in their communities and workplaces to end abuse.



# Emma's story

Emma was abused by her husband for years. She repeatedly tried to escape, but was turned away from refuge. Frightened and with nowhere else to turn, Emma called us. Our specialist caseworkers worked tirelessly to find her and her children a place of safety.

“

**Without the support of the Women's Aid case worker I wouldn't be where I am, I would still be suffering in that place. My caseworker just listened to me. She didn't judge me or jump to conclusions. I'm forever grateful to her.**

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This is why we're here. We want to help more women like Emma, but we need your help to do it.

Please donate if you can [www.womensaid.org.uk/donate](https://www.womensaid.org.uk/donate)



# You can make a difference



## **Become a regular giver.**

Donating just £10 a month could help to provide a woman experiencing abuse with the support she needs to escape: [womensaid.org.uk/donate](https://womensaid.org.uk/donate)

## **Become a Women's Aid fundraiser.**

If you're passionate about our mission and want to fundraise for us, we're always on hand to help and provide support. Contact our dedicated fundraising team: [fundraising@womensaid.org.uk](mailto:fundraising@womensaid.org.uk)

## **Become a voice for survivors.**

The more people who know and understand about abuse, the better. Join us on social media and help spread the word and challenge myths and victim-blaming.

Instagram and TikTok:  
**@womens\_aid**

Facebook and Twitter:  
**@womensaid**

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