

## PARENT SUPPORT ADVISOR



Support Tel (9am - 5pm): 01225 775276

Enquiries and referrals: [spa@fear-less.org.uk](mailto:spa@fear-less.org.uk)

### What is domestic abuse?

**Coercive control:** Belittling or humiliating behaviour, undermining your self-esteem, monitoring your movements or controlling your freedom or ability to make decisions

**Economic abuse:** Controlling your access to money, ability to earn money or have any level of independence

**Emotional abuse:** Blaming you for any disagreements or violence (gas-lighting), threatening or manipulating behaviour

**Sexual abuse:** Manipulating you or forcing you to do anything sexually you don't feel comfortable doing

**Physical abuse:** Pushing and shoving or restraining you as well as punching, kicking and strangulation



Fear Less offer support for:

- Victims of Domestic Abuse
- Abuser to address their behaviours
- Have a Children and Young Persons Team, who can offer support packages for children who have lived with and witnessed Domestic Abuse.

Please look at their website or call them if you feel this is something you need.

I am always available for a chat or to offer support if needed.

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