

## Welcome to DV Help.com

DVHelp.com Is the 24/7 Helping Hand for the victims Of Domestic abuse Regardless of Gender , Age , Ethnicity or socio economic background of the person Reaching out for help from DV Help.com. The Team at DV Help.com consists of Committed ,Trained and compassionate Individuals with years of experience in community service .Domestic abuse is a real and ever present threat to the vulnerable sections of society , While the majority of the victims of Domestic abuse are women ,This Menace also exists not only For children and the elderly but also for men too .DV Help.com reaches out to all those who reach out for help and provides them solutions and options according to the situation the Individual is facing . The Victim can Contact us Immediately on our dedicated helpline (-----) If they are facing Domestic abuse they also have the option of contacting DV Help.com through ,Email ..... , Whatsapp (----) or chat live with our expert team ( If you are in an emergency situation call 999 ) . DV Help.com ensures Secrecy and confidentiality at all times .

### How To recognize Domestic Abuse

**Domestic abuse**, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels.

### **Anyone can be a victim of domestic violence, regardless of age, race, gender, sexual orientation, faith or class**

Victims of domestic abuse may also include a child or other relative, or any other household member.

Domestic abuse is typically manifested as a pattern of abusive behavior toward an intimate partner in a dating or family relationship, where the abuser exerts power and control over the victim.

Domestic abuse can be mental, physical, economic or sexual in nature. Incidents are rarely isolated, and usually escalate in frequency and severity. Domestic abuse may culminate in serious physical injury or death.

## **Are You Being Abused?**

Look over the following questions to think about how you are being treated and how you treat your partner.

### **Recognizing the signs of domestic abuse.**

#### **Does your partner...**

Embarrass or make fun of you in front of your friends or family?

Put down your accomplishments?

Make you feel like you are unable to make decisions?

Use intimidation or threats to gain compliance?

Tell you that you are nothing without them?

Treat you roughly—grab, push, pinch, shove or hit you?

Call you several times a night or show up to make sure you are where you said you would be?

Use drugs or alcohol as an excuse for saying hurtful things or abusing you?

Blame you for how they feel or act?

Pressure you sexually for things you aren't ready for?

Make you feel like there is "no way out" of the relationship?

Prevent you from doing things you want – like spending time with friends or family?

Try to keep you from leaving after a fight or leave you somewhere after a fight to "teach you a lesson"?

#### **Do you...**

Sometimes feel scared of how your partner may behave?

Constantly make excuses to other people for your partner's behavior?

Believe that you can help your partner change if only you changed something about yourself?

Try not to do anything that would cause conflict or make your partner angry?

Always do what your partner wants you to do instead of what you want?

Stay with your partner because you are afraid of what your partner would do if you broke up?

**If any of these things are happening in your relationship, talk to us at DV Help.com .**

Without help, the abuse will continue. Making that first call to seek help is a courageous step. So Pick up the phone to get a way out of the Domestic violence you are facing . NO ONE deserves to be abused. The abuse is not your fault.

## **COVID restrictions have caused a spike in Domestic Violence**

Unfortunately, the realities of COVID-19 and its restrictions have indeed caused a spike in women experiencing Domestic Violence . First, there have been numerous media reports indicating huge spikes in calls to Domestic Violence hotlines such as DV Help.com, sometimes doubling and tripling the typical number of requests for help, after stay-in-place orders were mandated.

. The UK has alone seen a rise in Domestic violence related reported case rates higher than they have been in the past 11 years, double the average for a 21-day period before The Lockdown . This data clearly indicates an escalation in Domestic violence, likely leading to an increase in the number of Domestic violence related Injuries ,Making the Role Of organizations Like DV Help.com even more essential for the victims Of domestic Violence to reach out to .

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