

About The ManKind Initiative

We are a national charity that provides help and support for male victims of domestic abuse and domestic violence.

Our helpline is manned by trained people who give practical information and emotional support to male victims.

We provide specialist training and give presentations and talks to statutory agencies and other organisations on how they can support male victims within their community.

How you can help support male victims of domestic abuse or domestic violence.

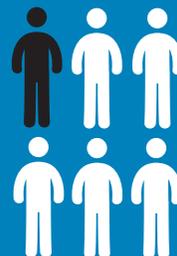
The ManKind Initiative does not receive state funding and relies on donations, fundraising, membership subscriptions and volunteers to support male victims of domestic abuse or domestic violence.

Some organisations and businesses have supported us by choosing us as one of their adopted charities.



Facts about male victims of domestic abuse

One in every six men will be a victim of domestic abuse in their lifetime.



Over **500,000 men every year** suffer abuse from their partner every year.



One man per fortnight is **killed** by a current or ex-partner.

If you are a male victim of domestic abuse or domestic violence, **you are not to blame, you are not 'weak', you are not alone**

Helpline: 01823 334 244

(open 10am to 4pm weekdays)

www.mankind.org.uk

If it wasn't for the support and help they provided, I would never have escaped from the violence I went through on a daily basis. The charity was there for me and it is vital it is there for others – **John, Bucks**

This leaflet has been funded by donations from members of the public.



Support for male victims of domestic abuse or domestic violence



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How we can help you

If you are a victim of domestic abuse or domestic violence, you are not alone, we are here to help.

No matter what your background, age, job, race or sexuality, we are here to give all the support we can.

For many men, calling our helpline is the first step they have made in talking to someone else about the problems they face.

Whether it is information or you just want emotional support, please call: 01823 334 244

Our helpline is operated by trained people who can give both emotional and practical support as well as providing information.

Emotional support includes:

- Someone to talk to confidentially who understands
- Giving you confidence
- Helping you to realise you are not blame

Information and support includes:

- How to try and access housing and refuge places
- How to report incidents
- How to report to the police
- Legal Services (including solicitors who can help)
- Referring victims to local councils, refuges and other support services
- Local services and support groups
- If we cannot help directly, we know people and organisations who can.

We also welcome calls from mothers, sisters and friends of male victims, seeking information. We are here to help: 01823 334 244

What can I do if I am in an abusive relationship?

If you are in immediate danger, you must call 999.

- Recognise that it is happening to you.
- Accept that you are not to blame.
- If possible, try and remove yourself from the situation.

Your personal safety is of paramount importance.

- ✓ Do not retaliate physically or verbally, as you are the person more likely to be arrested.
- ✓ Keep a diary of incidents, noting down times, dates and witnesses, if any.
- ✓ Keep key personal documents, diary, phone and phone numbers to hand.
- ✓ Keep a photographic record of injuries.
- ✓ Report each incident to your GP or hospital. Make sure they take note of your injuries.
- ✓ Report each incident to the police (including criminal damage as well as violence) and ensure you speak to the trained domestic violence police officer (all police stations have specialist domestic abuse officers or they can tell you where the nearest one is). Either phone to make an appointment or attend the forces in person. Take a friend with you, if possible.
- ✓ Take advice regarding injunctions from a reliable solicitor.
- ✓ Tell trusted friends and family.
- ✓ Seek help from a local council housing officer, especially if children are involved.
- ✓ Ensure that you have your evidence.

All public authorities including the police, local councils, GP's and hospitals have to treat you in the same way as they would treat a female victim. It is important to know that you are not to blame and recognise what it is happening to you.

Call ManKind for help and information on 01823 334 244 (open 10am to 4pm weekdays)

What is domestic abuse?

The Government definition of domestic abuse is:

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to: psychological, physical, sexual, financial, emotional.

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

It can happen to any man, no matter what their background, age, job, race or sexuality. The charity is here to give all the support we can.

Examples of Physical Abuse:

- Being kicked, punched, pinched, slapped, choked, bitten
- Use or threats of use of 'weapons' including knives and irons
- Being scalded, poisoned, objects being thrown
- Violence against family members or pets
- Threatening to use extended members of the family to attack you

Examples of Verbal Abuse:

- Yelling and shouting
- Constantly being insulted, laughed at and being humiliated verbally in private or in company

Examples of Emotional and Psychological Abuse:

- Intimidation
- Withholding affection
- Turning your children and friends against you
- Being stopped from seeing friends or relatives
- Keeping you awake/stopping you sleeping
- Excessive contact, for example stalking
- Threatening to remove your children
- Using social media sites to intimidate you (such as Facebook and Twitter)
- False allegations

Examples of Financial Abuse:

- Totally controlling the family income
- Not allowing you to spend any money unless 'permitted'

Examples of Sexual Abuse:

- Sexual harassment/pressure
- Forcing sex after physical assaults