

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 staffed by trained people who give practical information and emotional support to male victims, their families, colleagues & friends.

We receive over 1,800 calls every year. This includes regularly receiving calls from male victims of domestic abuse in the Armed Forces, from those currently serving, ex-servicemen and civilian staff.

The charity has received funding by the Chancellor using LIBOR funds to specifically provide support to male victims of domestic abuse within the Armed Forces. This has been supported by the Army Welfare Support Services and is available to all male victims across all three Services.



How to donate

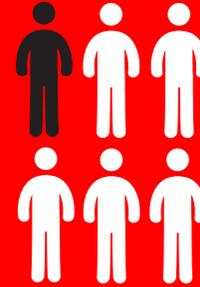
To make a donation or to support fundraising events for our helpline, please visit:

www.mankind.org.uk/donations

Registered Charity No. 1089547 Registered in England No. 3869893 All helpline calls are charged at national rates. Calls from mobiles may vary

Facts about male victims of domestic abuse

One in every six men will be a victim of domestic abuse in their lifetime¹.



It is estimated that there are **over 3,000 male victims** of domestic abuse in the **Armed Forces**².



Over 450,000 men every year suffer abuse from their partner in the UK every year¹.

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 weekdays 10am to 4pm UK Time)

www.mankind.org.uk

¹ Figures from the Office for National Statistics

² Estimates from the ManKind Initiative based on statistics from the Office for National Statistics

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 HM Treasury.



Support for male victims of domestic abuse in the Armed Forces



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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 rank, age, race, gender or sexuality, we are here to give all the support we can.

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

Whether it is information or you just want emotional support and you feel unable to access your local military welfare service, please call: 01823 334 244 weekdays 10am to 4pm UK Time

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 approach your relevant Force welfare service or other support services
- How to report incidents including to your senior officers or managers
- How to report to the police including the military police
- Signposting you to other support services

We also welcome calls from friends, family and colleagues of male victims in the Armed Forces, seeking information. We are here to help: **01823 334 244 weekdays 10am to 4pm UK Time**

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

If you are in immediate danger, you must call 999 or call your relevant Armed Force's Military Police Force.

- 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 military GP or hospital. Make sure they take note of your injuries.
- ✓ Report each incident to your relevant Military Welfare Service and ensure you speak to a trained domestic abuse officer. Armed Force's welfare services have a number of trained specialist domestic abuse officers or can refer you to the nearest one. You can phone to make an appointment or attend in person.
- ✓ It is important for you to report all types of abuse including damage to property and other abusive behaviours. You may wish to be supported by a trusted friend or colleague.

The military police force and welfare services should provide a gender inclusive service which means that a male victim will receive appropriate individualised support. 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 weekdays 10am to 4pm UK Time

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 anyone, no matter what their gender, religion, class, rank, age, race or sexuality.

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 children, family members or pets

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