

DON'T SUFFER IN SILENCE

Domestic violence is any physical, emotional or sexual abuse between people who are, or have been in a close relationship. It can happen to anyone, whatever their age. It can take the form of threats and intimidation, mental or verbal criticism, and it can result in feelings of guilt, low self-esteem, depression and stress. Outsiders may not realise what is happening, but help is available, just a phone call away.

If you need help straight away dial 999.

If you are not in immediate danger but want to talk to someone in confidence try one of the agencies listed below, or phone the Police and ask for the Area Domestic Violence co-ordinator on Oxford (01865) 266404, Abingdon (01235) 776000 or Witney (01993) 703913.

If you are reluctant to contact the Police, there are other agencies to whom you can speak confidentially, some of which are:-

- Oxford Women's Aid - Oxford (01865) 791186.

They can offer a safe place to stay, and information, advice and support to women and their children.

- Victim Support - Oxford (01865) 711186 or Abingdon (01235) 811186. They have a team of volunteers who visit people at home or in a neutral place, and offer emotional support and practical help.

- Housing Rights Centre - Oxford (01865) 247853.

They offer free advice on housing issues.

- Citizens Advice Bureau - Oxford (01865) 247578.

They offer free information on benefits, women's rights, divorce and custody of children, and a range of other information. They can also advise you on how to contact a solicitor and whether you will be eligible for Legal Aid.

- Oxford Sexual Abuse and Rape Crisis Centre - Oxford (01865) 726275. They offer free confidential support to women of all ages who have suffered any physical, emotional or sexual abuse recently or in the past.

- Samaritans - Oxford (01865) 722122 or Banbury (01295) 270000. They offer confidential counselling on any problems.