



- Make a safety plan (to stay safe or leave safely)
- Help you report what happened
- Support with obtaining legal orders to protect you
- Be there for you emotionally and practically
- Offer group work support
- Provide advice on housing, debt and finances
- Offer complementary therapies and talking therapies
- Help you get back into education, work or volunteering
- Explore safe accommodation options

Our domestic abuse caseworkers can:

We offer safe places in the community for those recovering from domestic abuse. Our aim is to help you live independently and be part of the community again.

LGBTQ+ safe accommodation and resettlement service

Our Reclaim caseworkers help if you're going through domestic abuse but do not require support from our IDVA service.

RECLAIM Service:

If you're in a high-risk situation because of a partner, ex-partner, or family member, we're here to help. We also support LGBTQ+ people facing honour-based violence, forced marriage, stalking and control.

Our Independent Domestic Violence Advisor (IDVA) service

Greater Manchester are for LGBTQ+ individuals living in Our domestic abuse services are for LGBTQ+ individuals living in

DOMESTIC ABUSE SUPPORT



**TOWARDS HOPE AND LIBERATION:
SUPPORT FOR SURVIVORS
OF DOMESTIC ABUSE
AND SEXUAL VIOLENCE**

 lgbt.foundation
 0345 3 30 30 30



- Be your main contact and stay focused on your goals.
- Help with reporting options
- Be with you through the legal process
- Be there for you emotionally and practically
- Offer harm reduction and safety advice
- Offer complementary therapies
- Support you to access talking therapies

Our ISVA will:

Our Independent Sexual Violence Advisor (ISVA) helps LGBTQ+ people in Greater Manchester aged 18 and older who've experienced sexual violence and assault, no matter when it happened.

LGBTQ+ ISVA Service

SEXUAL VIOLENCE SUPPORT

REACH OUT TODAY

Our LGBTQ+ domestic abuse service:

-  0345 3 30 30 30
-  dasupport@lgbt.foundation
-  lgbt.foundation/domesticabuse

Our LGBTQ+ sexual violence service:

-  0345 3 30 30 30
-  isva@lgbt.foundation
-  lgbt.foundation/sexualviolence

ABOUT US

In our LGBTQ+ domestic abuse and sexual violence team, our mission is simple: to empower you, listen without judgment, and remind you that you're not alone in your journey.

We're here to focus on the hopeful future we can achieve together, helping you overcome abuse in various forms, including:

- Physical harm
- Coercion into sexual acts
- Psychological manipulation
- Emotional abuse
- Financial control
- Controlling behaviours
- Stalking or harassment
- Online harassment (including through social media)
- Forced marriage
- Female Genital Mutilation (FGM)



SUPPORT POINTS



Our support points across Greater Manchester are there to offer advice around domestic abuse. Our friendly and judgement free team are there to reassure you, answer any questions and help you plan your next steps. You can either book an appointment or drop in.

You can find our support point times/dates and locations via our website: lgbt.foundation/domesticabuse

GROUP PROGRAMMES:

Resilience Group:

This is an 8-week support group for LGBTQ+ survivors of domestic abuse, looking to develop positive coping strategies and confidence in order to look to the future.

The sessions cover:

- Power and control
- Stages of domestic abuse
- Gas-lighting
- Healthy relationships
- Boundaries and consent
- Communication
- Managing emotions
- Self-care/reflections/healing

Healing Hour:

A safe healing space for LGBTQ+ survivors who have experienced domestic abuse or sexual violence. We offer complimentary therapies including acupuncture, reiki, mindfulness meditation, as well as healing through nature.

FOR PROFESSIONALS:

How to Refer and Signpost

If you're a professional looking to refer or signpost someone to our services, here's what you can do:

Make the connection: if you think someone you're working with might benefit from our support, start by having an open conversation with them about their experiences and needs.

Share our information: let them know about our LGBTQ+ domestic abuse and sexual violence services and the help we provide.

Offer assistance: if they're willing, assist them in making contact with us. You can help them call or email us using the details on the 'reach out today' page.