



## 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.

#### You can help us in a number of ways (please tick):

- Join The ManKind Initiative:  
(cheques payable to The ManKind Initiative; minimum £20 per year, £10 for those not working)
- Become a Volunteer
- Make a Donation

Name .....

Address .....

E-mail .....

Telephone .....

Please post this form or send donations to The ManKind Initiative,

Flook House, Belvedere Road, Taunton, Somerset, TA1 1BT.

website: [www.mankind.org.uk](http://www.mankind.org.uk)

E-mail: [admin@mankind.org.uk](mailto:admin@mankind.org.uk)

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

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

**FACT:** One in every five men suffering abuse at the hands of their partner, do so for more than one year.

**FACT:** 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 and 7pm to 9pm weekdays)

**website: [www.mankind.org.uk](http://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 and sponsored runs by Emily Barley and Emily Spink



## 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 station 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 and 7pm to 9pm weekdays)

## WHAT IS DOMESTIC ABUSE?

### **The Government definition of domestic abuse is:**

Any incident or threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or are family members, regardless of gender or sexuality.

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
- Destroying personal items

### **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