

# Safety planning

Making a safety plan can make you feel more secure should you have to get away from your partner in an emergency.

- tell someone about your situation.
- arrange a safe place to stay with someone you trust.
- keep a bag of items with someone you trust should you need to leave in an emergency such as ID documents, benefits books, passport etc.
- keep a list of incidents of abuse and visit your GP or hospital should you sustain any injuries for evidence.
- keep a list of useful phone numbers in your mobile phone.



## Useful contacts

If you are in danger call the Police on 999

**Grampian Police Domestic Abuse Liaison Officer**  
0845 600 5700

Telephone and ask to be put through to the Domestic Abuse Liaison Officer for your area.

**Grampian Police LGBT Liaison Officer**  
0845 600 5700

Telephone and ask to be put through to the LGBT Liaison Officer for your area.

**Aberdeenshire Domestic Abuse Outreach Team**

**Aberdeenshire North**  
01771 638 200

**Aberdeenshire South**  
01330 824 991

**Aberdeenshire Central**  
01358 725 756

**Domestic Abuse Helpline**  
0800 027 1234

A free and confidential helpline offering support and advice for people experiencing domestic abuse.

**Moray Women's Aid**  
01343 548 549

You do not ever deserve to be abused and do not deserve to receive a homophobic response when seeking help.

You can get in touch with LGBT Youth Scotland for more information on your rights on:  
[info@lgbtdomesitcabuse.org.uk](mailto:info@lgbtdomesitcabuse.org.uk) or visit:  
[www.lgbtdomesitcabuse.org.uk](http://www.lgbtdomesitcabuse.org.uk).

**Grampian Women's Aid**  
01224 593381

**THT**  
0845 241 2151

Provides support to LGBT people experiencing domestic abuse.

**Broken Rainbow**  
08452 604 460

A UK wide helpline for LGBT people experiencing domestic abuse.

**Aberdeenshire Housing Out of Hours Emergency Service**  
0845 840 0070

**Victim Support**  
Provides confidential support, advice and information to any person who is/has experienced domestic abuse.

Inverurie  
01467 629 990  
Peterhead  
01779 490 999

**Pillar Aberdeen**  
01224 621 266

Drop in and LGBT support group for people with mental health issues.

# Out of sight, out of mind?

1 in 4 lesbian, gay, bisexual and transgender people may experience domestic abuse.



SCOTLAND'S LESBIAN, GAY,  
BISEXUAL AND TRANSGENDER  
DOMESTIC ABUSE PROJECT

## Are you experiencing domestic abuse?

- Are you ever afraid of your partner?
- Do you feel like you're walking on egg shells around your partner?
- Does your partner ever threaten to 'out' you to your friends, family or colleagues?
- Do they act in a negative way about your sexual orientation or gender identity?
- Do they ever tell you you're not a real lesbian, gay or bisexual person?
- Do they ever tell you you're not a real man or woman?
- Do they ever hit you or threaten to hit you?
- Do they ridicule you and/or make comments about your body?
- Are you ever forced to have sex or engage in sexual acts that you don't want to do?
- Do they ever prevent you from engaging with the LGBT 'scene'?
- Do they control your finances or check up on what you spend your money on?

This list is by no means exhaustive. Abusers can use a whole array of methods to exert their power and control over you.

You are NEVER to blame for the abuse however abusers will often tell you that you are. No one deserves to be abused and you can get help.

## What is domestic abuse?

Domestic abuse involves a range of behaviours. You don't need to experience all these forms of abuse to be experiencing domestic abuse.

Even if you feel you only experience one of these on a regular basis, this can still be domestic abuse.

### Physical abuse

Hitting, slapping, punching or any form of physical violence or threatened violence, harming pets.

### Sexual abuse

Touching body parts you're not comfortable having touched, forced to have sex/rape or to take part in any sexual act you don't want to, forced into/to take part in sexual acts which make you feel bad about yourself.

### Emotional and mental abuse

Calling you names or belittling you, threatening to 'out' you, making it difficult for you to see friends or family, using homophobic/biphobic/transphobic language towards you, preventing you from going out on the 'scene'.

These are just some examples of the types of behaviours that are domestic abuse.

## What help is there?

If you are in immediate danger, call the Police on 999.

### Myth

Mainstream organisations can't help me if I'm experiencing domestic abuse.

### Reality

All support agencies in Grampian listed overleaf (and more) can offer support to LGBT people experiencing domestic abuse.

Medical staff and the Police will respond to incidents of domestic abuse regardless of sexual orientation or gender identity.

If you report incidents to the Police, they will put you in touch with a Domestic Abuse liaison officer who can offer additional advice and support.

You can also call Broken Rainbow or the Domestic Abuse helpline for confidential advice or just a listening ear.

### Myth

LGBT people don't experience domestic abuse.

### Reality

1 in 4 LGBT people will experience domestic abuse. Domestic abuse affects people regardless of sexual orientation or gender identity, race, where you live or age.