

# Domestic Abuse

*"It's just a row, all couples have them."*

*"He threw a few things, so what?"*

*"He only hit you because he was under stress."*

*"If the abuse is as bad as she says it is she would leave him."*

*"She must have done something to provoke him."*

*"It's not any of our business - it's between the two of them."*

There are a lot of myths about domestic violence and abuse. These myths make it more difficult for women living with a violent or abusive partner to ask for help.\*

\*Domestic violence and abuse can be perpetrated against both women and men and is unacceptable in all forms, but crime statistics show that the vast majority of domestic violence is perpetrated by men against women.

Poster R56 March 2022  
Stock photography, posed by model

If you are affected by domestic abuse and would like to talk to a trained and experienced adviser in confidence, contact Women's Aid on:

England **0808 2000 247**

Scotland **0800 027 1234**

Wales **0808 80 10 800**

Northern Ireland **0808 802 1414**

You can also talk to Usdaw for help if what's happening at home is affecting you at work.

For support, speak to your Usdaw rep, official or contact the Union's helpline on **0800 030 80 30**.

web: [www.usdaw.org.uk/equalities](http://www.usdaw.org.uk/equalities)  
email: [equalitymatters@usdaw.org.uk](mailto:equalitymatters@usdaw.org.uk)

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