

About ManKind Initiative

We are a national charity that provides help and support for male victims of domestic abuse and domestic violence.

Our helpline is staffed 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.

The ManKind Initiative does not receive statutory funding and relies on donations, fundraising, membership subscriptions and volunteers to support male victims of domestic abuse.

Some organisations and businesses have supported us by choosing us as one of their adopted charities.



How to donate

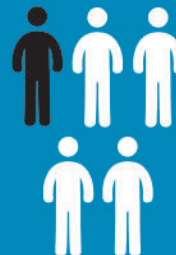
To make a donation or to support fundraising events, please visit:

www.mankind.org.uk/donations

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

1 in every 5 men will be a victim of domestic abuse in their lifetime¹.



Over 1.2 million men every year suffer abuse from their partner¹.



Only **1 in every 23** people being supported by their local commissioned domestic abuse service are men according to SafeLives data.

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**

FREEPHONE 0808 800 1170 HELPLINE 01823 334 244
(will not show on your bills) (for those with inclusive minutes)

(open 10am to 4pm weekdays)
www.mankind.org.uk

¹Figures from the Office for National Statistics

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 from members of the public.



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, 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:

FREEPHONE
0808 800 1170
(will not show on your bills)

HELPLINE
01823 334 244
(for those with inclusive minutes)

Our helpline is operated by trained people who can give both emotional and practical support as well as providing information about domestic abuse services where you live.

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
- Signposting victims to local councils and other support services
- Info about local services and support groups
- Directory of domestic abuse support services

We also welcome calls from family members including mothers and sisters as well as friends of male victims, seeking information. We are here to help.

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 abuse police officer (most 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 force 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 should 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 is happening to you.

Call ManKind for help and information on

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Directory of local domestic abuse support services
<https://mankind.org.uk/help-for-victims/directory/>

What is domestic abuse?

The Government definition of domestic abuse includes:

Any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to: psychological, physical, sexual violence, threatening behaviour, controlling or coercive behaviour, economic, psychological, emotional or other abuse. It can also include intimate image abuse, stalking, forced marriage and so-called 'honour-based' abuse.

Children who see, hear or experience the effects of the abuse and are related to either of the parties are also considered victims of domestic abuse.

Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

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 household objects
- Being scalded, poisoned, objects being thrown
- Violence against family members and/or pets
- Threatening to use extended members of the family to attack you

Examples of Emotional and Psychological Abuse:

- Yelling and shouting
- Constantly being insulted, laughed at and humiliated verbally in private or in company
- Intimidation
- Withholding affection
- Turning your children, family and friends against you
- Being stopped from seeing friends or relatives
- Keeping you awake/stopping you sleeping
- Excessive unwanted contact, for example stalking
- Threatening to remove your children or prevent contact
- Using social media sites to intimidate you (i.e. Facebook, X, Instagram and Tik-Tok)
- False allegations and threats

Examples of Economic Abuse:

- Controlling the family income
- Not allowing you to spend any money unless 'permitted'
- Denying you food
- Running up bills and debts victim's name
- Deliberately forcing a victim to go to the family courts so they incur additional legal fees – 'Legal & administrative abuse'