

About The ManKind Initiative

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

Our helpline is staffed by trained people who give practical information and emotional support to male victims, their families, colleagues & friends.

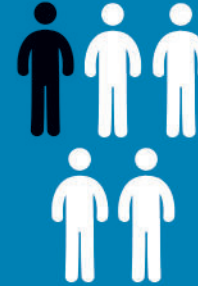
We receive over 2,500 calls every year. This includes regularly receiving calls from male victims of domestic abuse in the Armed Forces, from those currently serving and veterans.

The charity has received funding from The Armed Forces Covenant Trust Fund to specifically provide support to male victims and survivors of domestic abuse within the Armed Forces via our ACORN Recovery Programme and associated awareness raising and training.



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 partner.



It is estimated **30,000 men** serving in the British Armed Forces will experience domestic abuse at some point in their adult lifetime.

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



¹ Figures from the Office for National Statistics

² Estimates from the ManKind Initiative based on statistics 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
The Armed Forces Covenant Fund Trust



Support for male victims of domestic abuse in the Armed Forces



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



How to donate

To make a donation or to support fundraising events for our helpline, 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

How we can help you

If you are a victim of domestic abuse please remember you are not alone, we are here to help.

No matter what your rank, age, ethnicity, gender or sexuality, we are here to give all the support we can.

For many men including those in Armed Forces, calling our helpline is the first step they have made in talking to someone about the problems they face.

For more information or if you just want emotional support and you feel unable to access your local military welfare service, please call:

**0808 800 1170 (Freephone) or
01823 334 244 (local rate)
weekdays 10am to 4pm UK Time**

Our helpline is staffed 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 to blame

Information and support includes:

- How to approach your relevant Welfare Service or other support services
- How to report incidents including to your Chain of Command
- How to report to the police including the military police
- Signposting you to other support services

We also welcome calls from friends, family and colleagues of male victims in the Armed Forces, seeking information. We are here to help:

0808 800 1170 (Freephone) or 01823 334 244 (local rate) weekdays 10am to 4pm UK Time

What can I do if I am in an abusive relationship?

If you are in immediate danger, you must call 999 or call your relevant Armed Force's Military Police Force.

- 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 military GP or hospital. Make sure they take note of your injuries.
- ✓ Report each incident to your relevant Military Welfare Service and ensure you speak to a trained domestic abuse officer. Armed Force's welfare services have a number of trained specialist domestic abuse officers or can refer you to the nearest one. You can phone to make an appointment or attend in person.
- ✓ It is important for you to report all types of abuse including damage to property and other abusive behaviours. You may wish to be supported by a trusted friend or colleague.

The military police force and welfare services should provide a gender inclusive service which means that a male victim will receive appropriate individualised support. It is important to know that you are not to blame and recognise what it is happening to you.

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

HELPLINE
01823 334 244
(for those with inclusive minutes)

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

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 your 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 in victim's name
- Deliberately forcing a victim to go to the family courts so they incur additional legal fees - 'Legal & administrative abuse'