

Once the relationship has ended

Unfortunately, domestic violence and abuse may not end even when the relationship has ended. In order to increase your safety you can consider:

- Inform trusted friends or relatives that you are no longer in the relationship and they should call the police if they see your former partner near or trying to gain access to your home.
- Change locks on your doors and make sure that all windows and doors are as secure as possible.
- Have additional security installed- sensor security lighting/ burglar alarm
- Change the routes you use to take your children to school.
- Inform people who look after your children eg, teachers, childminders etc, which people have permission to collect them. If you have an injunction, give a copy to the school.
- Change your phone number and when at work ask people to screen your calls.
- Change your routines i.e. shop in different place/supermarket at different times and take a different route home etc.

Your safety and emotional well being

- If you're thinking of returning to a potentially violent and abusive situation, discuss an alternative plan with someone you trust or a domestic violence service.
- If you have to communicate with your (ex) partner, determine the safest way to do so. If you have to meet with them do so in a public place.
- Have positive thoughts about yourself and be assertive about your needs
- Get support from a domestic violence service – see Services
- Decide who you can speak to openly to give you the support you need
- Take care of yourself through regular exercise.