

KELLSARR FAMILY PRACTICE

CLIENT GUIDE 003

Domestic Abuse – Understanding Your Legal Options

Purpose

This guide provides general information about domestic abuse, available protections and sources of support. It is not a substitute for legal advice tailored to individual circumstances.

What is Domestic Abuse?

Domestic abuse can include physical, emotional, psychological, sexual, financial and coercive or controlling behaviour. It can occur between current or former partners and family members.

Recognising the Signs

Abuse may involve intimidation, isolation, threats, monitoring, financial control or repeated behaviour that causes fear or harm.

Your Safety Comes First

If you are in immediate danger, contact the emergency services. If it is safe to do so, tell someone you trust and consider making a personal safety plan.

Legal Protections

Depending on the circumstances, legal protections may include Non-Molestation Orders and Occupation Orders. The suitability of any application depends on individual circumstances.

Evidence

Keep records where it is safe to do so, such as messages, photographs, medical records or incident numbers. Never place yourself at risk to obtain evidence.

Children

Where children are involved, their welfare and safety are paramount. Safeguarding concerns should be addressed without delay.

Support Organisations

You may wish to seek support from specialist domestic abuse services, your GP, local authority services or the police where appropriate.

How Kellsarr Can Help

Kellsarr Family Practice can explain legal processes, help organise information, prepare documents within our professional scope and signpost you to appropriate organisations or legal professionals.

Personal Safety Checklist

☐ Keep important telephone numbers accessible.

- ☐ Tell a trusted person if it is safe to do so.
- ☐ Keep copies of important documents where possible.
- ☐ Know how to leave quickly if necessary.
- ☐ Seek specialist support as early as possible.

Disclaimer

This guide provides general information only. Every situation is different and you should seek advice that is appropriate to your own circumstances.