

# Eye to Eye Counselling Service

“Sometimes we all need someone to talk to”



## Domestic Abuse: Parents and Carers

Domestic abuse comes in various forms and can affect any gender and any relationship. It can be:

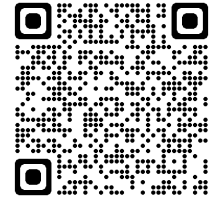
- Violence/physical abuse- harming you or your children physically
- Coercive control- intimidating or controlling behaviour
- Psychological/emotional abuse- gaslighting, putting you down, name calling, isolating you etc
- Sexual abuse- rape, sexual violence
- Financial- ie withholding money from you

Domestic abuse can have a huge impact on young people, as they may:

- suffer from anxiety or depression
- have sleep problems, nightmares or flashbacks
- become hyper-vigilant (jumpy or easily startled)
- start to wet their bed
- feel guilty or powerless
- have anger problems, lash out at others, or become aggressive/violent
- ‘hide away’ or withdraw from other people due to lack of trust
- lack self-worth and self-confidence
- look for negative coping skills such as self-harming, or addictive substances

### What can I do?

- It is **vital** that young people are kept safe. If the young person is also being abused, then you need to **speak out to protect them**. Call the police if you or your child is in immediate danger on 999
- Understand that you are not alone, and that it is **not your fault**, nor the fault of the young person. Abuse is **always** the fault of the abuser.
- Talk to **somebody you trust**, so that they are aware of your situation and can provide somewhere to go if needed.
- **Encourage** the young person to talk to an Eye to Eye counsellor, either in school or at home. We have a **duty of care** to report any safeguarding issues to protect the young person.
- Contact one of the specialist domestic abuse charities found in ‘Helpful resources’ - they are trained to advise you and **support** your situation.



[www.eyetoeye.wales](http://www.eyetoeye.wales)

### Useful Contacts

**Eye to Eye Counselling Service:**

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

#### NSPCC

0808 800 5000

Email: [help@NSPCC.org.uk](mailto:help@NSPCC.org.uk)

[www.NSPCC.org.uk](http://www.NSPCC.org.uk)

#### Womens Aid

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

[www.womensaid.org.uk](http://www.womensaid.org.uk) (online chat)

#### Respect Mens advice line

0808 801 0327

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### Helpful Resources

[Refuge: How to identify abuse](#)

[GALOP: LGBT+ Support](#)

[Young Minds: Parent guide, abuse](#)

[and domestic violence](#)



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