

IS THIS A CONFIDENTIAL SERVICE?

This service is confidential. Information sharing will be with your agreement. We will inform your partner, if you have one, if you are receiving support from PODAS to challenge and change abusive behaviours but no details of the support you receive will be shared with them. There are circumstances when confidentiality agreements can be breached e.g. when we have child protection concerns or to prevent a crime occurring. These will be discussed further with you by the worker before any information is shared.

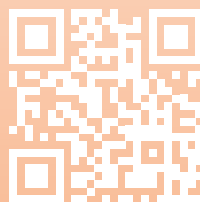
Domestic violence affects everyone: however we have to be accountable for our own actions.

- Both men and women can change their abusive behaviour.
- Everyone is responsible for their own actions.
- Everyone affected by domestic violence should have access to services.
- Safety of the victim and any children is paramount.

HOW CAN YOUR ABUSE AFFECT OTHERS?

- People that you care about feel afraid of you.
- Your children may not want to spend time with you.
- Your loved ones may lack confidence and self esteem, feel alone, depressed and start to use other ways of coping such as drugs or self-harming.
- Even one act of abuse can cause permanent physical disability or disfigurement.
- Your loved ones may suffer long term mental illness and experience nightmares, phobias, panic attacks, anxiety and other problems.
- Your friends and family may exclude or disown you.

Our work actively promotes positive and constructive relationships.



SCAN TO ACCESS
THE WEBSITE TO
MAKE A REFERRAL



DOMESTIC VIOLENCE
AND ABUSE PARTNERSHIP

PODAS

PREVENTION OF DOMESTIC
ABUSE SERVICE

This document can be made available in other languages or formats if required. To request another format, please contact us on  (01482) 396368.



EAST RIDING
OF YORKSHIRE COUNCIL

WHAT IS DOMESTIC VIOLENCE AND ABUSE?

Abuse is something that is said or done that hurts your partner/family member physically, emotionally, sexually, or psychologically.

Domestic abuse is a number of abusive behaviours, both physical and non-physical, that may occur frequently or infrequently. You don't have to use all of these behaviours to be abusive: some people use a wider range of behaviours than others and with varying frequency.

It can happen in any relationship regardless of race, gender, class, age, ability or sexuality.

Did you know?

- One in four women and one in six men will experience domestic abuse.
- UK police attend a domestic violence incident every minute of every hour of every day.
- 90 per cent of domestic violence incidents occur when children are in the same or the next room.

So if you know you have been abusive and you don't know what to do or how to stop, contact the PODAS team for help.

HOW CAN I GAIN ACCESS TO PODAS?

We understand that making the decision to get help is a difficult step to take. It takes commitment and determination from you.

If you would like practical and emotional support to move forward contact the PODAS team who can offer this on a one-to-one basis. Your experienced worker will support you to examine these issues and behaviours in a safe environment.

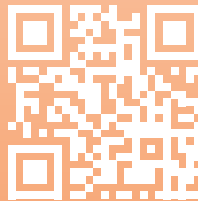
Receiving support is based on your willingness to engage and motivation to change. You can make a referral during office hours via:

Telephone: ☎ (01482) 396368

Email: @ PODAS@eastriding.gov.uk

CARING DADS GROUP

This is a 17 week group intervention program for men who are at risk of, or have exposed their children to domestic abuse.



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CORE ELEMENTS OF SUPPORT

Where you would like to receive support to challenge and change abusive behaviours, we will work through a programme of support with you. The programme explores key coping strategies for managing behaviours such as:

- Positive self talk
- Time out strategies
- Effective communication
- Active listening
- Self awareness
- Effective parenting
- Understanding of emotions and their link to abusive behaviours.

If you feel that you are at risk of harming someone then leave the situation immediately. **Get help.**

Call the Mental Health Advice and Support line:

☎ 0800 1380 990

Call Mind: ☎ (01482) 240200

Call the Samaritans: ☎ (01482) 323456