

Admitting the problem and seeking help doesn't mean you have failed as a man or as a husband. You are not to blame, and you are not weak. "

Reference

www.helpguide.org.uk

Useful Websites

www.mensadviceline.org.uk

www.menshedscymru.org.ukd

www.mankind.org.uk



Photo by [Elijah Hiett](#) on [Unsplash](#)

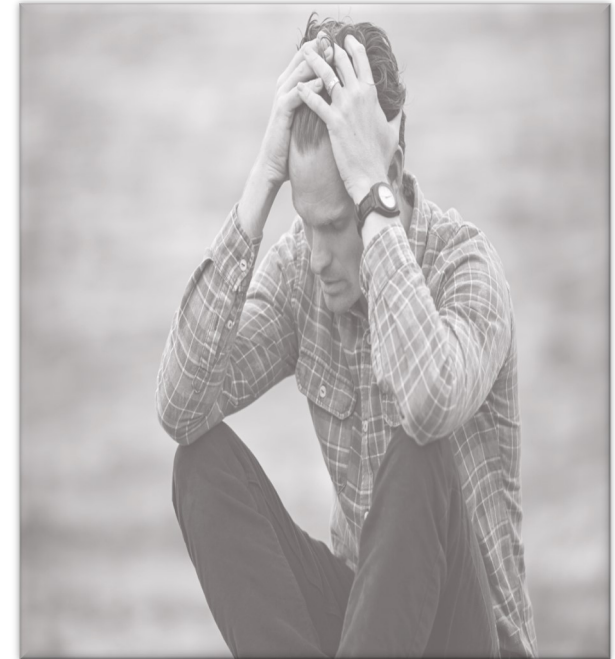
You are not alone

123 Main Road
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CC12 3BB

Email: CMDA@yoogle.co.uk

Carmarthenshire Male Domestic Abuse

Carmarthenshire Male
Domestic Abuse
Support Services



You are not alone

For confidential support

Tel: 555 555 5555

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ABOUT YOU

Do **you** experience physical abuse?

Does your partner make **you** feel as though you cannot do anything right?

Do **you** fear your partner?

Do **you** avoid mentioning subjects in case they cause arguments?

Are **you** being called names?

Does your partner withhold, **your** money, bank cards or **your** car keys.

Have **you** been raped?

Does your partner make fun of you publicly?

Does your partner belittle you in front of your friends or colleagues.

Do **you** receive unwanted texts, phone calls?

Have **you** been stalked?

Do **you** feel you have nowhere to go for help because you no longer see your friends?

If you have been made to feel like this it is abuse. Domestic abuse or violence happens when somebody uses their power to control somebody else. Abuse should not happen, it can and usually does happen more than once. You may become isolated and feel trapped. You are not alone in feeling like this, But remember, domestic violence and abuse is a criminal offence, there are things you can and should do to protect yourself, there is support. available for you Carmarthenshire Male Domestic Abuse Services can help you. You are not alone, there are people to listen and offer positive help.

Tell 555 555 5555 for help

The Facts

Remember - You are not alone

In 2016 1 in 3 men aged between 16 and 59 years of age experienced domestic abuse from their partners. This equals 2.4 million men, 39% of those men did not report the abuse to the police, but 135,000 did report the incidents to the English and Welsh police forces. (Mankind Initiative, 2017)

REMEMBER

Abuse is not is NOT your fault, remember that you have done nothing wrong, you are not to blame and you are the victim of a crime. If you have been raped tell the police if you are able, if not tell somebody who you trust.

You may tell yourself that you cannot leave because of any one of the following reasons :-you feel ashamed, she will kill herself, you want to protect the kids/pets, your religion may forbid you to leave, there is nowhere to go, you are in denial and she says she will change, you are in a same sex relationship and have not yet come out or that there is no support,

You are incorrect there is support for you. Carmarthenshire Male Domestic Abuse Services can offer you advice, support and support you to contact those services. Our staff will not judge you our service is entirely confidential.

Our offices are child friendly and in extreme circumstances pet friendly for well behaved pets.

Telephone 555 555 5555 for help

Useful Contacts

The Samaritans 116 123

A free confidential helpline where you can talk to someone in your own time and not be judged. You do not as many people believe have to be suicidal to make contact.

ManKind Initiative 01823 334244

The ManKind Initiative is a domestic violence charity based in the United Kingdom and is at the forefront of providing support for male victims of domestic abuse and violence.

Galop 0800 999 5428

Galop can help if you experience homophobia, transphobia or biphobia wherever it occurs, including at home, in public, at work, online or in cruising sites. I will also help to address hate crime.

Men's Advice line 0808 801 0327

Men's Advice Line: confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).

Men's Shed Cymru 01267 2255 36

An organisation that will provide men with a way to spend time with other men (shedders) in groups that meet in places—not always sheds to talk, discuss problems, and take part in activities usually male orientated like woodwork, pool etc, in order to reduce isolation.

Hafan Cymru 01267 221194

Hafan Cymru provides support services for men experiencing domestic abuse, including young men and male-headed single-parent households, to assist them to develop the necessary independence to take control over their own lives.

Dog's Trust Bridgend, 01656725219 Advice for pet shelters.