

Could I have done anything?

The answer is almost always yes.

On average, a person experiences abuse 50 times before seeking help. How you react when they choose to tell you can determine everything that happens afterwards.

As an employer and colleague, you can save someone's life.

Learn more,
download the
Bright Sky app



You will know someone who is affected by domestic abuse.

Domestic abuse can happen to anyone.

It affects 1 in 4 women and 1 in 6/7 men.
That is 2.3 million people in the UK each year.

Learn to spot the signs.

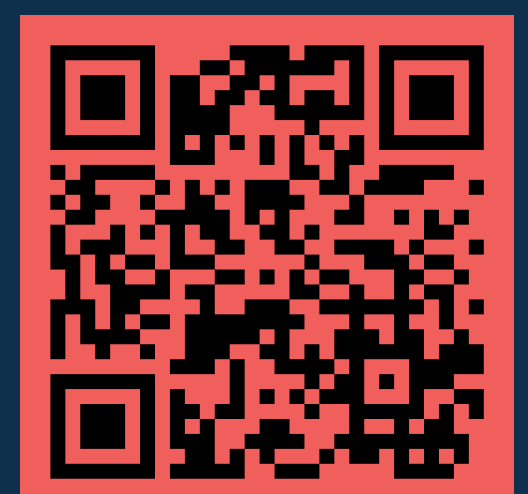
Talk about domestic abuse.

Offer support if you have concerns.

Believe those who share their experience.

Be a part of the change.

Learn more.
Join our
Insight Hours



A survivor's story

“We only have one life. And we should not live it under the control of those who are supposed to love us.”

- Sally Benatar QPM,
EIDA Ambassador.

Do you think you, or someone you know, may be experiencing domestic abuse?

Please tell someone and seek help.

Scan the QR code to listen to Sally's story.



"Why don't you just leave?"

Domestic abuse is never a victim/survivor's fault. Leaving an abusive relationship is very difficult and must be planned carefully.

The first step towards a better life is speaking out, and we must all listen to those who do without judgement.

You are not alone. Support is available.

Access help
and support
lines here

