



HM Government

ENOUGH.

Help for victims of abuse

Easy read version



■ Enough is enough



The government has a new campaign about abuse. It says 'enough is enough'. Let's all be part of the change to help keep women and girls safe.



No one should live in fear of abuse. Knowing what abuse is can help us recognise when it happens.

■ What is abuse?



Abuse can be emotional, physical, sexual or financial.



The abuser can be a partner, ex-partner, family member, someone from work, a friend or a stranger.



Abuse is what people do and what they say.



Abuse can happen at home or in a public place.



It includes making sexual comments in public, or staring at women in a way that makes them feel uncomfortable.
It is also sexual attention and asking for sex.



It includes upskirting, which is taking a picture up someone's skirt without them knowing.



It includes groping, which is unwanted sexual touching anywhere on the body.
This can also be sexual assault.



It can happen at work, or school or college.



It can be pressure to go on a date, or to have sex to get a better job at work.



Abuse can be in person or online.
It is making sexually explicit comments on social media.
And sending unwanted sexual messages or pictures.
It includes making someone send naked pictures of themselves.



It includes cyber stalking, which is when someone uses the internet and social media to bother another person online.



When abuse has happened, there are people who can support you.
They can listen to you and help you.
They can help you get justice – so the abuser gets the punishment they should have.

■ Why don't people get support?



There are lots of reasons why people don't get the support they should when they are abused. These include fear, shame and confusion.



Some people worry they won't be believed or taken seriously.
Or they think they will be judged.



Or they might not know what support there is or how it can help them.



Sometimes people don't get support as they want to forget about the abuse.

■ Tell someone you trust



Trying to cope on your own is very hard.
It is better to tell someone.
Think about who you could tell.



It could be a friend, a family member or
a professional.



Telling someone about your experience can help
you deal with the abuse and get support.



It could be emotional support, practical help,
health advice or legal support.



You don't have to do this yourself.
You can tell anyone you trust, who are your
friends, family or in your community.



When you are ready, and only if you want to,
you can talk to an organisation that helps
victims of abuse.



If you or anyone else is in danger, call **999**.

You can also report abuse to the police by phoning **101**.

Or you can tell them in an online report.

Or you can go to your local police station.



Abuse is never OK,
and you do not need to be ashamed
or deal with it alone.



If you are a victim of abuse
please get in touch with the services
there to help you.



If you are deaf, you can get support from the
[Sign Health helpline](https://www.signhealth.org.uk/),
you can text **07800 003421**
or email da@signhealth.org.uk.
You can also book a video call with them.

Domestic Abuse services:

Women's Aid

<https://www.womensaid.org.uk/>

Refuge

0808 2000 247

<https://www.nationaldahelpline.org.uk/>

Hourglass

(Support for elderly victims of abuse)

0800 808 8141

<https://www.wearehourglass.org>



Sexual violence and rape

Rape Crisis

0808 802 9999

<https://rapecrisis.org.uk/>

Victim Support

(Includes support for Domestic Abuse, Stalking and Sexual Harassment)

0808 168 9111

<https://www.victimsupport.org.uk/>

Galop

(Also provides Domestic Abuse support for LGBT+)

0800 999 5428

<https://galop.org.uk/>

Revenge Porn Helpline

Online harassment / harm

0345 600 0459

<https://revengepornhelpline.org.uk/>

Stalking

Suzy Lamplugh Trust:

National Stalking Helpline

0808 802 0300

<https://www.suzylamplugh.org/>

Female Genital Mutilation (FGM)

NSPCC FGM Helpline

0800 028 3550

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

Forced marriage

Forced Marriage Unit

<https://www.gov.uk/stop-forced-marriage>



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