

# Wollen Michelmore

## SOLICITORS

### WHAT IS DOMESTIC ABUSE?

One in four women will suffer some form of domestic abuse in their lifetime. Shockingly, two women are killed every week by their current or former partner. Whilst awareness of such issues is growing, many women (or men) experiencing abuse are not aware of the help available to them.

With the Christmas holidays approaching, the number of people experiencing domestic abuse is likely to increase. School holidays can cause additional pressure within a household, whether it is because a family is forced to spend more time together or, for example, problems with child care can cause more arguments. Such pressures are compounded by the financial constraints placed on many families at this time of year.

Domestic abuse can take many forms; most people are aware that it covers physical violence and threats to hurt you or others around you. Lesser known, is that it can also include emotional abuse such as constant criticism or humiliation, possessive and controlling behaviour, using anger and intimidation to make you comply with demands and the use of emotional blackmail by threatening to harm themselves.

All forms of domestic abuse are against the law. You may be able to obtain a court order to protect you (and your children) from further harm. If you are suffering from any form of abuse you should seek assistance and advice; come in for an appointment at Wollen Michelmore where we can discuss your options and whether you may be eligible for legal aid.

If you would like to discuss this article further please contact Wollen Michelmore Partner, Rachel Carter at [Rachel.Carter@wmlegal.co.uk](mailto:Rachel.Carter@wmlegal.co.uk) or call 016216 332266.