

# Domestic Violence

A resource for  
bisexual men in  
Brighton and Hove



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# Acknowledgements

***This resource has been written to begin explicitly addressing the needs of bisexual men who experience domestic violence.***

It is one of a series of five booklets about domestic violence as it affects lesbians, gay, bisexual men and women and trans people in Brighton and Hove.

It has been written and produced by the Brighton and Hove LGBT DV & A Working Group. We would like to thank and acknowledge that this version of the booklet has been produced, based on the work of AVA formerly the Greater Greater London Domestic Violence Project and Barking and Dagenham PCT, who originally developed a leaflet for gay and bisexual men.

Thanks are particularly due to the Allsorts, Brighton Both Ways, Clare Project, DV Forum, Gender Trust, MindOut, Switchboard, DV Strategic Co-ordinator, Rise and Spectrum.

Most importantly of all, we want to acknowledge and express our gratitude to those who have contributed from their personal experience to help make this a useful resource.

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## **‘They love me, they love me not...’**

***Domestic violence can be difficult to identify, especially for the person experiencing it. People sometimes misunderstand domestic violence and think it is only physical abuse when actually it can be emotional, financial and sexual abuse as well.***

Domestic violence is a pattern of behaviour characterised by the exercise of control by one person over another within the context of an intimate or family relationship. Sometimes the term domestic abuse is also used.

Bisexual men experience domestic violence regardless of age, caring responsibility, class, disability, gender identity, immigration status, race or religion.

Bisexual men can find it hard to talk about domestic violence.

Acknowledging that any current or ex-partner or family member is an 'abuser' is hard, and this can be made harder by threats of 'outing' or because of fear of further isolation, but there are agencies and people who can help and support both you and the 'abusive' person.

In this leaflet we refer to bisexual men, although we recognise that men will identify themselves in many ways including (but not limited to) gay, queer, straight and as men who have sex with men. Bisexual men who also have a trans identity may find the separate domestic violence resource for trans people useful.

Abusers often manipulate victims so that they feel they are to blame for the abuse. Sometimes abusers will try to tell their partners that 'this is how it is in a bisexual relationship'.

Abusers often promise to change their behaviour, and the hope for that positive change can keep a victim from identifying the pattern of abuse in the relationship.

Beware if someone is showing you this information to prove to you that you are an abuser. There is no checklist that can determine whether someone is an abuser, one needs to consider the entire relationship and not take individual incidents out of context.

If you are unsure, talk it over with someone objective – or contact a domestic violence helpline or service.

If you are in immediate danger or fear that you are in danger, call **999**

Report a domestic violence incident to the police straight away. The Police have guidelines on how to respond to domestic violence.

In a non-emergency you can contact the police on **0845 6070 999**.

You can also email the police on:  
**[contactcentre@sussex.pnn.police.uk](mailto:contactcentre@sussex.pnn.police.uk)**

If you need an interpreter, the police will be able to provide you with one. Do tell them your needs.

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## Am I being abused?

### ***How can you determine whether you're being abused or experiencing domestic violence?***

Every relationship is different and many relationships have tough patches with arguments and other turmoil. Though some behaviour may be hurtful, someone is being abusive when their behaviour is intended to maintain their power over you and to control you.

Intimate partner abuse takes many forms, including physical, emotional, sexual, identity and financial abuse. The list below outlines some examples of abusive behaviour.

Are you in a relationship with someone who:

- Keeps you from spending time with friends or family members?
- Makes you account for your time when apart from them?
- Is excessively jealous and possessive?
- Makes unreasonable demands for your attention?
- Blames you for all the arguments or problems in the relationship?
- Wants to make all the decisions?
- Invades your privacy – opening your mail, reading your e-mail or going through your personal belongings?
- Gets angry for no apparent reason?
- Seems like two different people – one is charming or loving, the other is mean and hurtful?
- Lies in order to confuse you?
- Prevents you from practicing safer sex?
- Forces or coerces you to have sex or hurts you during sex?
- Becomes angry if you don't go along with their sexual demands?

*Am I being abused?*

- Blames their behaviour on alcohol, drugs or their own history of abuse?
- Pressures you to use alcohol or other drugs?
- Criticises, ridicules, humiliates or belittles you?
- Controls your finances or feels entitled to your financial support?
- Damages your property?
- Harasses you at work or school?
- Threatens to out you at work, to your family or to others?
- Criticises your body and appearance?
- Manipulates you with the constant threat of mood changes and impending rage? Has you 'walking on eggshells' or living with constant stress, anxiety or fear?
- Threatens you with physical harm or makes you feel afraid?
- Pushes, shoves, grabs, punches, hits or strikes you with hands or fists?
- Threatens or assaults you with weapons, such as household objects or knives?

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# Using someone's sexual orientation to abuse

***Whilst much of the violence and abuse described in the previous section is similar to that experienced by heterosexual and gay men, bisexual men can also experience unique forms of abuse based on their sexual orientation.***

Many young men experience abuse from family members when they are exploring their sexual identity and coming out as bisexual.

An abuser can use the fact that their victim is bisexual in a number of ways including:

- Threats to ‘Out’ i.e. to disclose someone’s sexual orientation or gender identity without their consent for example to their employer or other family members.
- Criticize someone for not being a ‘real gay’ or ‘real bisexual’, for example if they have only recently come out or on the basis of their previous relationships.
- A partner becoming abusive if someone has not disclosed their bisexuality.
- Saying that no-one will help because someone ‘deserves’ the violence or abuse because they are bisexual or are in a bisexual relationship
- Promoting the belief that agencies (like the police) are homophobic or biphobic.

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## Myths surrounding bisexuality and abuse

***Sometimes bisexual men don't feel able to talk to anyone about the violence and abuse they're experiencing because of some of the myths that are around. Such as:***

- Abuse between people of the same-sex is 'mutual', so both are equally responsible for any abuse – **NOT TRUE**
- If abuse occurs, the person experiencing domestic violence and the perpetrator will 'play-out' heterosexual gender roles (e.g. the abuser is the man or the butch more masculine one in the relationship) – **NOT TRUE**

- Violence and abuse is a ‘normal’ part of a bisexual relationship – **NOT TRUE**
- No one will help a man experiencing domestic violence, particularly if they bisexual – **NOT TRUE**
- Bisexual men are more able to leave an abusive relationship, perhaps because there are no children, or because they are not the biological parent – **NOT TRUE**
- Domestic violence does not happen to gay, bisexual or trans people – **NOT TRUE**

All these myths are based on misconceptions and are not true. Where someone is experiencing domestic violence it is because one person (their former or current partner, or a family member) is attempting to exert power and control over them.

It is important to remember that nobody should have to live with violence or the fear of abuse.

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# Bisexual men and children

***Bisexual men may have children. Some men may have children from a previous relationship with a woman, some may have children with a male partner, or some may have adopted or fostered children.***

Sometimes former or current partners or extended families can be abusive towards a bisexual man and his children.

At the best of times, bisexual fathers/carers experience judgmental attitudes about their parental choices and abilities.

This knowledge can be used against bisexual fathers/carers as part of the abusive pattern of behaviour from former or current partners and/or extended families.

Parents who experience domestic violence can experience:

- Threats of isolating children from extended family or community;
- Encouraging children to continue verbally/physically abusing their father/carers in their absence;

- Falsely accusing parent/carers of child neglect/abuse;
- Fear of stopping contact with children using the court process;
- Fear of having children taken away by local authorities;
- Physical, emotional, psychological, sexual harm to their children;
- Threats of child abduction; and
- Threats of physical harm to new partners who share parental responsibility.

All these activities may be used as methods of controlling men to remain in contact with abusers. The police and civil and criminal courts have wide ranging powers to protect children from abuse.

Children living in households where domestic violence is happening are now identified as 'at risk' under the Adoption and Children Act 2002.

From 31 January 2005, Section 120 of this Act extended the legal definition of harming children to include harm suffered by seeing or hearing ill treatment of others. This would include witnessing domestic violence.

There are many ways of protecting your children from witnessing and experiencing abuse. In all instances where children are involved, speak to a solicitor who specialises in family law and who is bisexual friendly.

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# Forced Marriage

A common misconception is that forced marriage only happens to women – much like domestic violence. However, as with domestic violence, bisexual, heterosexual and gay men or trans people can also be victims of Forced Marriage. Some 15% of victims that are identified by the Forced Marriage Unit of the Foreign Office are men.

## *What is a forced marriage?*

A forced marriage is one where people are coerced into a marriage against their will and under duress. Duress includes both physical and emotional pressure. Forced marriage is an abuse of human rights and cannot be justified on any religious or cultural basis.

It is of course very different from an arranged marriage, where the consent of both parties is present. The tradition of arranged marriages has operated successfully within many communities and many countries for a very long time.

### ***What can you do?***

If you fear you may be forced into marriage overseas, or know someone else who may be, there is help and advice. Call the Forced Marriage Unit as soon as possible on **020 7008 0151** (or **0044 20 7008 0151** if you are overseas).

The Forced Marriage Unit has also produced a 'Guide to Forced Marriage for LGBT people' and is written for LGBT people who are being forced into marriage either in the UK or abroad. Go to:

[www.fco.gov.uk/resources/en/pdf/forced-marriage-lgbt](http://www.fco.gov.uk/resources/en/pdf/forced-marriage-lgbt)

### ***Survivors Network***

[advocacy@survivorsnetwork.org.uk](mailto:advocacy@survivorsnetwork.org.uk)

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

They offer an advocacy service for men and women over the age of 14 years of age.

This service is additional to Survivors Network's other services which support female survivors of sexual violence and abuse. They are developing this work with Mankind UK.

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# Chronic illnesses and domestic violence

***Chronic illnesses (e.g. HIV/AIDS, cancer, Multiple Sclerosis, Alzheimer's, etc) can cause tension, stress and a range of other problems within a relationship but they do not cause domestic violence.***

Abusive partners (or ex-partners) choose the weapons of abuse and control that they use, and their health or their partners' health can be used as one of these weapons.

In some abusive relationships the domestic violence can begin at or around the time that the illness is diagnosed.

In some cases of domestic violence the abusive partner is the one with the illness while in others, it is the partner without the illness that is abusive.

Within an abusive relationship where either or both of the partners has a chronic illness, many of the forms of abuse and control discussed earlier may exist, however there are a number of forms of domestic violence that are specific to relationships where one or both partners have a chronic illness.

If the abusive partner does not have a chronic illness they might:

- Threaten to, or actually, disclose their partner's health status to friends, family or colleagues.
- Withhold medication, treatments or access to other medical services.
- Threaten to cut off support or to leave.
- Verbally abuse their partner by saying they are 'diseased, sick, unclean' or other inappropriate comments about their illness, or otherwise undermine their partner's confidence.

If the abusive partner does have a chronic illness they might:

- Use guilt or other psychological abuse to manipulate their partner.
- Refuse to take medication or seek medical services.
- Use their illness to manipulate services, e.g. saying 'I'm weak and sick, how could I control him?'
- Where relevant, threaten to, or actually, infect their partner to prevent them leaving.

As rape or sexual assault is a common form of domestic violence, sexually transmissible infections (e.g. HIV, Hepatitis B) pose a special risk to the uninfected partner.

As well as the domestic violence services listed in this resource, there is a range of support services that someone with a chronic illness can contact.

These include:

***National AIDS & Sexual Health Helpline***

Free phone 0800 567 123

***Terrence Higgins Trust Direct***

0845 1221 200

***Hepatitis C Trust Helpline***

0870 200 1 200

***GLAMS – LGBT MS Support Group***

07758 146 914

***Regard – LGBT Disability Group***

020 7688 4111 /

020 7688 0709 (Minicom)

***Out With Cancer***

[www.outwithcancer.com](http://www.outwithcancer.com)

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## About abusive relationships

### ***What to expect when you are a victim of domestic violence or abuse?***

An abuser is reliant upon maintaining their power and control over you. Abusers can be very manipulative in achieving this outcome, but there are some common tactics that they use:

### ***There's no violence so you're not a victim***

Most people think of abuse as physical but there are four other types of abuse: emotional, sexual, financial and identity. Even if they are not hitting you, they could be abusing you. Verbal or emotional abuse, for example, is almost always used even if physical abuse is not. Abusers can be extremely creative in the types of abuse that they use.

### ***It's normal***

Abusers will try to convince their partners that their abusive behaviour is 'normal' or 'normal for a bisexual relationship'. This tactic is especially effective with people who are inexperienced in bisexual relationships. Abuse is not normal in any relationship, including bisexual, gay or heterosexual relationships. Violence and abuse has no part in a healthy relationship.

### ***You're the abuser, I'm the victim***

A common characteristic of abusers is the lack of responsibility they take for their own behaviours. They may accuse their partner of being the 'abuser' and they, sometimes, genuinely believe that they are the 'abused' party. They may use this claim to manipulate friends, service providers and statutory agencies. An abuser, for example, may seek a civil injunction against their partner, claiming the partner is the abuser.

Partners may defend themselves when experiencing a physical attack, however the abuser may then assert that such action which is done in self defence is actually abuse. Or the abuser may claim that the partner is 'mutually abusive or violent'.

### ***You're to blame***

Another ploy is to blame the partner for 'making' the abuser abuse. The abuser will claim that they would not abuse if only the partner did X or if the partner didn't do Y.

Again, the abuser is trying to shift the responsibility from themselves to their partner.

Unfortunately, this tactic is all too successful. Partners often assume responsibility not only for the abuser's behaviour but also for the relationship as a whole. The reality is that you are not to blame, their violence is a choice they make not you.

### ***It's the stress, the drugs...***

Abusers sometimes claim that circumstances force them to abuse and if only the circumstances were to change, they would stop.

They blame their abusive behaviour on such circumstances as stress, lack of a job or the use of drugs or alcohol. Violence is a choice they make. There is a common misconception that drugs and alcohol cause domestic violence because s/he loses control. This is not true. While it can act to exacerbate the incident, research shows us that even if s/he is drunk or high s/he is still in control and making a choice whether or not to be abusive.

For example, they choose to abuse you rather than the bar staff or their boss. This demonstrates that their abuse of you is considered and choice based. There always will be some circumstance that in the abuser's mind justifies their abusive behaviour.

### ***Promises, promises***

Abusers commonly promise to change – to stop abusing, to stop using drugs, to stop whatever. These promises often follow an abusive incident. The goal of these promises is to win back the partner and to hold them in the relationship. The abusers may believe their own promises, but the goal of the promises is not to reform their behaviour but to keep their partner.

Once the partner indicates that s/he is staying in the relationship, the promise is forgotten. If an abuser is genuinely remorseful they will engage meaningfully with a specialist perpetrator programme.

### ***No legal protection***

Abusers may attempt to convince their partners that no one will help them and that they are not entitled to legal protection from abuse. This is not true.

### ***The UK Government defines domestic violence as:***

‘Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality’.

There is help available. Not only does the definition of domestic violence recognise the needs of bisexual men, but Rise the Brighton and Hove domestic violence service run an LGBT Advocacy service. At a national level there are also specific services such as Broken Rainbow to support bisexual men who are in abusive relationships.

It is possible to obtain injunctions whether in a same sex or opposite sex relationship and there are civil legal options as well, so there is legal help out there. If you are not a British citizen, your abuser may also threaten that you will be deported if you leave them. If you have insecure immigration status you should seek advice from a solicitor because it might affect your access to public funds.

Go to [www.legalservicescommisson.gov.uk](http://www.legalservicescommisson.gov.uk)

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## Ending the abuse

***Experience has shown that once abuse begins it is very likely to continue and become more frequent and more severe over time. Research suggests that abusers are also very unlikely to end the relationship.***

Partners can and do have compelling reasons to stay in an abusive relationship.

It is very difficult to admit that the person you love is abusing you and leaving them can mean leaving your home, community and changing your life.

Separation can also be a very dangerous time, as the abuser wants to keep hold of the relationship and their control.

Abusers rarely end the relationship because in most cases they psychologically need the partner more than the partner needs them.

They can be quite successful at hiding their dependency on the partner and their fear of losing him, and they often work to convince the partner that he would be lost without the abuser.

Abusers may also threaten to harm themselves if a partner says they want to end the relationship. This can mean that out of concern, partners remain in the relationship.

Whether a partner stays or leaves, it is wise to have a safety or crisis plan to maximize safety.

If you are experiencing any form of domestic violence you might consider making a crisis plan. A crisis plan can set out what you could do under certain circumstances to help reduce the risk of emotional or physical injury to yourself (and your children).

Your crisis plan can include strategies for reducing risk to yourself while living with your partner or it may outline how you could get away. You can make a crisis plan on your own or speak with a trusted friend, a counsellor or a Domestic Violence worker.

A safety plan is attached to this leaflet and you can contact any of the agencies listed below to assist you with completing it.

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## What to do

***As a bisexual man you are entitled to the same provisions afforded to gay and heterosexual men. Reach out for help! There is help available.***

If your partner (or ex-partner) has assaulted you or you are afraid for your own or for others' safety you can call the police. Sussex Police are committed to holding domestic violence offenders accountable and they will arrest given reasonable grounds.

Where the evidence exists, the police are also able to pursue offenders without having to rely upon a victim statement. The police have the power to provide you with immediate protection at any time of the day or night.

Call **999**.

Report a domestic violence incident to the police straight away.

In a non-emergency you can contact the police on **0845 6070 999**.

You can also email the police on **[contactcentre@sussex.pnn.police.uk](mailto:contactcentre@sussex.pnn.police.uk)**

Sussex Police regard domestic violence as serious crime and will respond as soon as possible. If you need an interpreter, the police will be able to provide you with one.

The Police should:

- Respond promptly;
- Ensure your safety;
- Stop the violence;
- Thoroughly investigate what has happened;
- Speak to you and your partner separately;
- Get a statement from you and any witnesses;
- Collect evidence; take photos of any injuries and the scene;
- Arrest the violent person if they have committed a criminal offence.
- Carry out a risk assessment.

However, all statutory agencies have a duty to respond to all members of the public, regardless of sexuality. The few exceptions would be voluntary sector led women-only services such as refuges. In addition, services specifically for bisexual men do exist, but they are limited.

There are bisexual-friendly services of all types such as mental and physical health care providers, counsellors, social service agencies, housing support and support groups.

The Equality Act (2006) gave the government powers to introduce regulations outlawing discrimination on the grounds of sexual orientation in regards to access to goods, facilities and services.

This means that service providers from hotels to GPs, shops to local authorities cannot refuse to serve LGB people or offer them a service of lesser quality than that provided to heterosexuals.

For more information go to:

[www.equalityhumanrights.com](http://www.equalityhumanrights.com) or  
[www.stonewall.org.uk](http://www.stonewall.org.uk)

The contact details for a range of organisations are included at the end of this leaflet.

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## Computer safety warning

***For your own safety – when you search for information or communicate about partner abuse – try not to use any computer to which your abuser has access Your Internet, e-mail and document use activities leave traces on your computer that can be found by your abuser.***

Ideally, use a computer to which he/she does not have access, such as at work, in a library, or a friend's or family member's computer.

If you do use your own computer, there are some basic steps that can provide some measure of protection and to remove most traces of your computer activities. Guidance on how to clear your computer of information is regularly updated.

There is really helpful information and advice on how to clear your computer of cookies, temporary website files, browser and search engine history go to the Men's advice line website at:

[www.mensadvice.org.uk/pages/cover-your-tracks.html](http://www.mensadvice.org.uk/pages/cover-your-tracks.html)

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## About abusers

***The most frequently reported reason why partners stay in abusive relationships is 'hope for change'. Partners believe the abuser's promises to get help or to change.***

Experience shows that once a person begins to abuse, the problem is likely to get worse. Review the Types of Abuse, the examples of abusive tactics to get a perspective on your own experience.

Abusers may feel guilty and apologetic after an abusive incident and promise themselves and their partner that they will change. Unfortunately, even with the best intentions, most abusers do not stop being abusive without support.

Respect is the UK association for domestic violence perpetrator programmes and associated support services. Respect runs the Respect Phonenumber, a helpline for anyone concerned about their violence and abuse towards their partner. The Respect Phonenumber provides information about specialist behaviour-change programmes across the country, some of which work with bisexual men.

For details, see the contacts section at the end of this leaflet.

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## Useful contacts

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### **DOMESTIC VIOLENCE SERVICES**

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#### **BRIGHTON & HOVE**

##### ***Rise LGBT Domestic Violence Advisor***

07581 466 438

This service provides a proactive service to support, advise and advocate for LGBT people whose lives have been impacted by domestic violence, with a particular focus on GBT men. For telephone and one to one support please use the above telephone number. If you are not able to speak to someone straight away please leave a message and the advisor will call you back as soon as they can. You can also text using the same number or email

[mark.sole@riseuk.org.uk](mailto:mark.sole@riseuk.org.uk)

##### ***Men's Advice Line***

0808 801 0327 or email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

Monday - Friday 10am to 1pm and 2pm to 5pm

A confidential helpline for all men experiencing domestic violence by a current or ex-partner.

This includes all men – in heterosexual, bisexual or same-sex relationships.

**Broken Rainbow**

08452 60 44 60 or [www.broken-rainbow.org.uk](http://www.broken-rainbow.org.uk)

National helpline offering confidential listening support for LGBT people experiencing domestic violence. Helpline open Monday: 2pm to 8pm, Wednesday 10am to 1pm, Thursday 2pm to 8pm, All LGBT operators are trained and experienced in the specifics of LGBT domestic violence and available to listen, signpost to other services and provide safety planning information. Information is also available via the website.

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**SEXUAL VIOLENCE SERVICES**

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**BRIGHTON & HOVE AND SUSSEX****The Saturn Centre**

01293 600469 or [www.saturncentre.org](http://www.saturncentre.org)

The Saturn Centre, Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH  
Available Monday to Friday 9am to 5pm. They also provide an out of hours emergency service.  
Men, women and children who have just been raped or experienced a sexual assault can choose to go to the Saturn Centre in Crawley. This is a specialist sexual assault referral centre. Here staff specifically trained in sexual assaults can medically examine you, check you for STIs, provide emergency contraception (should you wish it). They can also collect forensic evidence. This doesn't mean that you have to report to the police, it can be frozen to give you time to decide if you want to report to the police or it can be passed anonymously to the police.

### ***Mankind UK***

01273 510447 or [www.mankindcounselling.org.uk](http://www.mankindcounselling.org.uk)

Sussex based service providing information support and counselling for men who have been sexually abused or assaulted.

### ***Survivors Network***

[advocacy@survivorsnetwork.org.uk](mailto:advocacy@survivorsnetwork.org.uk)

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

They offer an advocacy service for men and women over the age of 14 years of age.

This service is additional to Survivors Network's other services which support female survivors of sexual violence and abuse. They are developing this work with Mankind UK.

### ***NATIONAL***

#### ***Survivors UK***

0845 122 1201

Monday, Tuesday and Thursday, 7pm – 10pm on:

A national organisation providing information, support and counselling for men who have been raped or sexually abused.

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## **SERVICES FOR ABUSIVE PEOPLE WHO WANT TO STOP**

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### **BRIGHTON & HOVE**

#### ***Living Without Violence Programme***

01273 294561

This is a group work programme of 36 weeks to help address violence and abuse by men to their female partners. There is a women's service which sits alongside the programme, providing 1-1 support for (ex) partners, which can continue until six months after the man leaves the programme. The women's service is provided by Rise – a specialist domestic violence service for women.

### **NATIONAL**

#### ***Respect***

0845 122 8609 or [www.respect.uk.net](http://www.respect.uk.net)

For people who are abusive to their partners and want to stop.

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## **DRUGS AND ALCOHOL**

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### **BRIGHTON AND HOVE**

#### ***LGBT Alcoholic Anonymous***

01273 203343 (general AA line)

Meets Sundays at 7.30pm Chapel Royal, North St, Brighton (side entrance)

## **LGBT Narcotics Anonymous (NA)**

NA Helpline [01273 604604](tel:01273604604)

Brighton based LGBT group. Meets 6pm Fridays at 61 Ship St, Brighton

## **NATIONAL**

### **LGBT Goal**

[thegoalgroup.co.uk/lgbt.aspx](http://thegoalgroup.co.uk/lgbt.aspx)

Support service for LGBT people with alcohol dependence.

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## **HOUSING**

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### **BRIGHTON AND HOVE**

#### **B&H City Council Housing Options Team**

The Housing Options Services are on the First Floor, Bartholomew House, Bartholomew Square, Brighton, BN1 1JP

The Housing Options telephone service is open 9am to 5pm Monday to Friday on [01273 294400](tel:01273294400) or email: [housing.advice@brighton-hove.gov.uk](mailto:housing.advice@brighton-hove.gov.uk)

The team offer a range of services to help people of all ages and circumstances. Where possible, they aim to make sure nobody actually becomes homeless and do this by providing advice at an early stage about what housing options are available. They have a dedicated LGBT officer and DV officers.

**Shelter**

0808 800 4444 or [www.shelter.org.uk](http://www.shelter.org.uk)

A free, national telephone advice line staffed by trained housing advisers. We have helped thousands of people, from finding them a place to sleep to suggesting how to handle mortgage arrears.

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**HEALTH & WELLBEING**

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**BRIGHTON AND HOVE**

**Claude Nicol Centre Sexual health and HIV centre**

[www.brightonsexualhealth.com](http://www.brightonsexualhealth.com)

Range of services including sexual health screening, management of patients with HIV, including a young persons clinic and a gay & bisexual men's clinic.

**Terrence Higgins Trust**

Tel: 01273 764 200 Fax: 01273 764 201

Email: [info.brighton@tht.org.uk](mailto:info.brighton@tht.org.uk) or visit [www.tht.org.uk](http://www.tht.org.uk)

61 Ship Street, Brighton BN1 1AE.

HIV and sexual health charity with range of services and resources.

**Mind Out**

01273 739847 or [www.lgbtmind.com](http://www.lgbtmind.com)

LGBT Advocacy, information, advice, and support for people with mental health problems

## **NATIONAL**

### **PACE**

0808 1807 223 (helpline) or [www.pacehealth.org.uk](http://www.pacehealth.org.uk)

London's leading charity promoting the mental health and emotional wellbeing of the lesbian, gay, bisexual and transgender community.

## **DISABILITY**

### **GLAMS**

0208 438 0959 or [www.mssociety.org.uk/support\\_and\\_services/support\\_groups/gay\\_and\\_lesbian.html](http://www.mssociety.org.uk/support_and_services/support_groups/gay_and_lesbian.html)

GLAMS is a national self-help support group for lesbians, gay men, bisexual and trans (LGBT) people affected by MS.

### **Regard – LGBT (Disability Group)**

020 7688 4111 or 020 7688 0709 (Minicom)

For the contact details of other generic and LGBT organisations consult

[www.stonewall.org.uk/information%5Fbank/disability/](http://www.stonewall.org.uk/information%5Fbank/disability/)

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## **YOUNG PEOPLE**

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### **BRIGHTON & HOVE**

#### **Allsorts**

01273 721211

[www.allsortsyouth.org.uk](http://www.allsortsyouth.org.uk)

[info@allsortsyouth.org.uk](mailto:info@allsortsyouth.org.uk)

Allsorts Youth Project, 69 Ship St,  
Brighton, BN1 1AE

Drop in for LGBT young people under 26  
on Tuesday evening

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## **OLDER PEOPLE**

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#### **Age concern**

0800 00 99 66 (helpline)

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

The UK's largest charity working with and for  
older people.

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## **TRANS ORGANISATIONS IN B&H**

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#### **The Clare Project**

Community Base, 113 Queens Road,  
Brighton, BN1 3XG

[www.clareproject.org.uk](http://www.clareproject.org.uk)

Safe and confidential place for people to explore  
issues surrounding their Gender identity

## **The Gender Trust**

0845 231 0505 (national helpline)

[www.gendertrust.org.uk](http://www.gendertrust.org.uk)

The Gender Trust is a registered charity. Their web site carries details of the regional support organisation and affiliated groups around the UK and across the world. They also run a confidential service offering help and support to anyone with queries about all aspects of gender identity issues. The national helpline operates 7 days a week from Monday to Friday 10am to 10pm and Saturday & Sunday 1pm to 10pm.

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## **BLACK, ASIAN AND MINORITY ETHNIC COMMUNITIES**

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### ***Imaan***

[www.imaan.org.uk](http://www.imaan.org.uk)

A social/support group for LGBT Muslims.

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## **IMMIGRATION ISSUES**

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### ***Forced Marriage Unit***

0207 008 0151 or <http://www.fco.gov.uk/en/travel-and-living-abroad/when-things-go-wrong/forced-marriage/information-for-victims>

The FMU offers confidential advice and assistance to those who have been forced into marriage overseas; are at risk of being forced into marriage or people worried about friends or relatives.

The FMU recently produced a booklet for LGBT people. For hard copies email

[fmu@fco.gov.uk](mailto:fmu@fco.gov.uk)

**UK Lesbian and Gay Immigration Group**

020 7922 7811 or [www.uklgig.org.uk](http://www.uklgig.org.uk)

Information and advice for LGBT people who have immigration issues.

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**GENERAL**

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**Brighton Lesbian and Gay Switchboard**

01273 204050 daily from 5pm or

[www.switchboard.org.uk](http://www.switchboard.org.uk)

Offers a range of services to members of the LGBT community, their families, friends and others who would like to discuss issues surrounding sexual identity or gender:

- Telephone Helpline
- Face to Face Low Cost Counselling
- Relationship/Couples Counselling
- E-Mail Queries
- Hate Crime Reporting

**Stonewall**

08000 50 20 20 (Info Line)

Stonewall works to achieve equality and justice for lesbians, gay men and bisexual people. Stonewall's Information Service provides details about a number of different topics and local support groups, activities and services for lesbian gay and bisexual people.

[www.stonewall.org.uk/information\\_bank/](http://www.stonewall.org.uk/information_bank/)

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## **FOR PRACTITIONERS**

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### **BRIGHTON & HOVE**

#### ***SpectrumLGBT Community Forum***

[www.spectrum-lgbt.org](http://www.spectrum-lgbt.org)

Provides infrastructure and community development support for the LGBT community. Also co-hosts LGBT DV&A working group.

#### ***Brighton and Hove LGBT Domestic Violence & Abuse Working Group***

This is an inter-agency network of practitioners, activists and researchers working around the issue of LGBT domestic violence. It is a development group co-hosted by the Domestic Violence Forum and Spectrum and meets on a monthly basis and aims to provide leadership on LGBT Domestic Violence; identify needs and solutions; influence local policy and strategies; inform research; work towards making local services LGBT-aware; and developing models for service delivery. For further information contact the co-chairs via [bhdvalgbt@googlemail.com](mailto:bhdvalgbt@googlemail.com)

***Coordinated Action Against Domestic Abuse (CAADA)***

[www.caada.org.uk](http://www.caada.org.uk)

A charity established to encourage the use of independent advocacy as a way to increase the safety of domestic violence survivors. CAADA has an extensive library of resources, including information relating to LGBT people, available at:

[www.caada.org.uk/library\\_resources.html#11](http://www.caada.org.uk/library_resources.html#11)

For guidance relating to LGBT and MARACs (Multi-Agency Risk Assessment Conferences) go to:

[www.caada.org.uk/toolkits.html](http://www.caada.org.uk/toolkits.html)

***LGBT Domestic Abuse Forum***

<http://lgbtdaf.org/> Or

The LGBT Domestic Abuse Forum is a national network of practitioners, activists and researchers working around the issue of LGBT domestic abuse. It exists to provide a forum in which to meet, network and exchange good practice. Email contact:

[info@lgbtdaf.org](mailto:info@lgbtdaf.org)

As well as Brighton and Hove organisations we have tried to give information about national organisations as well. There is also more information relating to other national/London-based services available at

[www.avaproject.org.uk](http://www.avaproject.org.uk)

**With thanks to:**

Allsorts, Brighton and Hove City Council, Brighton Both Ways, Clare Project, B&H Domestic Violence Forum, Gender Trust, MindOut, DV Strategic Co-ordinator, Rise, Switchboard and Spectrum.

*Based on original work of AVA and NHS Barking and Dagenham. Produced January 2011*



**NHS**  
*Barking and Dagenham*