

Respect

Respect is a domestic violence organisation for work with domestic violence perpetrators, male victims and young people. Respect runs two helplines, part-funded by the Home Office: the Respect Phonenumber for domestic violence perpetrators and the Men's Advice Line for male victims of domestic violence.

Respect Phonenumber callers

"It has given me the confidence to pursue options for becoming free from violence"

"I have an immensely complex history and an immensely complex brain to go with it. Someone taking the time to listen and help me feel heard is of paramount importance. I can mostly understand what's going on for me but laying it out in front of me is difficult. I've been to a lot of counselling and it doesn't always help. Having someone both listen and hear is rare. I felt both happened in my phone call. He listened without judgement and he was very clear in his use of language. These things are very helpful when sorting out 'mental spaghetti'."

"I am a counsellor and have a new client who is a perpetrator of domestic violence, and wants to change their behaviour. The helpline person was brilliant, I never really thought about it being about the perpetrator wanting desperately to be (and remain) in control. Exploring this with my client has been hugely beneficial, helping them understand the reasons underlying their behaviour. The call and website have really helped me to up skill myself as a professional, as well as helped my client find a VAWG specific men's group run by DV experts, that he can attend alongside our one-to-one work."

Men's Advice Line callers

"I had nowhere to turn. I felt that as a man, I should not be the victim. It was explained that men are also victims of mental abuse."

"It was helpful to talk to someone specifically geared up to help men. The operator was calming and practical and not so sympathetic that they made me feel more upset!"

"Just having someone to talk to who was understanding of my situation was a great help! Talking to friends and family is difficult especially in this situation and it is hard to know where to turn. Your adviser was able to help me deal with my immediate feelings and pointed out many ways that I may be able to change my own behaviour to help deal with and negate my wife's behaviour. He also pointed out where I could go for further support. I am very grateful that this service was available to me and it is a comfort to know that I and others in my situation have somewhere to turn. Thank you!"

The Respect Phonenumber is available on 0808 802 4040 Monday-Friday 9am-5pm, info@respectphonenumber.org.uk www.respectphonenumber.org.uk ; webchat service available. The Men's Advice Line is available on 0808 801 0327 Monday-Friday 9am-5pm, info@mensadviceline.org.uk www.mensadviceline.org.uk ; webchat service available.