JUSTLY - GUERNSEY

Domestic Abuse

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Justly Guide: What To Do If You're Experiencing Domestic Abuse (Guernsey)

Domestic abuse can happen to anyone — and it's not just physical. It can involve control, threats, humiliation, financial manipulation, emotional harm, or sexual coercion. If you feel unsafe, trapped, or constantly fearful, this guide is here to help you take safe, informed steps forward.

1. Recognise Abuse

Ask yourself:

- Does someone control where I go, who I see, or what I spend?
- Do they insult, belittle, or threaten me?
- Have I ever been pushed, hit, or physically hurt?
- Do I feel afraid in my own home?

If the answer is yes, you may be experiencing abuse. You're not alone — and support exists.

2. Are You in Immediate Danger?

Yes, I'm in danger now
Call 999.
Ask for police. If speaking isn't safe, stay on the line — the operator may ask you to press 55 silently to signal danger.

No, but I feel unsafe or afraid
Create a safety plan:

- Pack essentials (ID, meds, cash, charger).
- Identify a safe place or trusted person.
- Memorise emergency numbers.

3. Speak to Someone Safe

Whether it's a friend, neighbour, GP, or support worker — telling someone is a powerful first step. You do not need to handle this alone.

4. Reporting Abuse

You can report to the Guernsey Police directly — or contact a support group to help you do it safely. Reporting isn't always immediate. But when you're ready, it can protect you and others.

5. Legal Protection

The court can issue orders like:

- Non-molestation orders: Stop someone from threatening, contacting, or approaching you.
- Occupation orders: Decide who can stay in or return to a shared home.

These are designed to protect you — and the process can be supported by legal professionals or advocacy groups.

6. Local Support Services

Safer.gg
Support for anyone affected by domestic abuse (T: 01481 721999)

Victim Support Guernsey
Free help for victims of crime — including domestic violence.

Citizens Advice Guernsey
Can help with housing, money, and legal aid options.

7. Legal Aid & Representation

You may qualify for legal aid if you:

- Have low income or limited savings
- Need protection orders or legal help for children, divorce, housing, or financial matters

Ask an advocate or Citizens Advice to assist with the application.

8. Your Path Forward

Rebuilding after abuse takes time. You're making powerful steps — even reading this guide shows courage.

Remember:

- You are not at fault.
- You are not alone.
- You deserve to feel safe.