



LGBTQ+ DOMESTIC ABUSE FIRST AID KIT

How to offer valuable, safe, practical help
and support to victims and survivors of
domestic abuse who are from the
LGBTQ+ community

levelchange.org.uk

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ABOUT LEVEL

LEVEL is a joint project between WomenCentre and Brunswick, providing specialist domestic abuse support for victims and survivors and people who cause harm, alongside LGBTQ+ community engagement across Calderdale and Kirklees.

Brunswick's own research tells us that:

People from the LGBTQ+ community are less likely to go to services and are more likely to tell family and friends about domestic abuse.

So, this information is for all of us: survivors, family, friends and professionals.



WHAT IS DOMESTIC ABUSE?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

In most cases, domestic abuse is perpetrated by a partner or ex-partner, but it can also be perpetrated by a family member or carer.

Domestic abuse affects the LGBTQ+ community and it is very common.



Domestic abuse is a largely hidden crime, occurring primarily in the home.

EXAMPLES OF DOMESTIC ABUSE

Domestic abuse can include (but is not limited to):

- Physical abuse
- Psychological and/or emotional abuse
- Coercive control
- Financial and economic abuse
- Sexual abuse
- Technology-facilitated abuse
- Harassment and stalking



DOMESTIC ABUSE IN THE LGBTQ+ COMMUNITY

- 30% of women and 21% of men say they have experienced domestic abuse.
- LGBTQ+ survivors say they want a specialist 'by and for' service but most do not receive it.
- 61% of LGBTQ+ survivors did not seek support from services following an incident of domestic abuse.
- 62% of LGBTQ+ survivors sought help from family and friends.
- Trans+ people report a reluctance to access services that do not specifically identify themselves as being trans+ inclusive.
- 36.8% of trans+ survivors report abuse from current or ex-intimate partners.
- 61.2% of trans+ survivors report abuse from family members.

*Crime Survey for England and Wales 2025
DA Commissioner's Report 2022
Galop An Isolated Place 2023
Loving Me: Cast Out Report 2026*



“No-one should have to choose between enduring abuse and risking further harm by asking for help”

**Loving Me: Cast Out
Report 2026**

INTERSECTION OF DOMESTIC ABUSE & THE LGBTQ+ COMMUNITY

Specific forms and experiences of abuse can include:

- Abuse from parents, especially prevalent in the lives of young trans+ people
- Fear of being outed by an abuser
- Discrimination-based control
- Homophobia, biphobia and transphobia, and using threats of social stigma
- Withholding HIV treatment and/or hormone therapy
- Restrictions on gender expression and gender-affirming care
- So-called 'conversion practices'
- Cultural pressures, including forced marriage

BARRIERS TO ASKING FOR HELP

- Fear of not being believed
- Fear of being outed
- Fear of being misgendered or having the wrong pronouns used
- A perception that limited support is available
- Belief that support is only for women
- Previous bad experiences with reporting incidents
- Not recognising the experience as domestic abuse
- Fear of anticipated stigma
- Anticipated reluctance to recognise LGBTQ+ relationships
- Connectedness of the local LGBTQ+ community, where “everyone knows everyone”



SAFETY PLANNING

- Identify a safe place in your home where you can go to make a call to someone you trust or the police.
- Make sure you have access to a charged phone with credit, if needed.
- Tell someone, arrange a code, bang on the floor or wall to alert neighbours.
- Download the HollieGuard App (hollieguard.co.uk)
- Plan an escape route from the home or wherever the abuse takes place.



PLANNING TO LEAVE

People experiencing domestic abuse can face greater risks when leaving or around the time they leave. Telling someone to 'just leave' is not always helpful or safe.

Planning to leave does not mean leaving.

Things to consider include:

- Money, ID and documents
- Children
- Phone, car, clothes and keys
- Accommodation
- Legal advice and protective court orders
- Pets



FURTHER HELP & SUPPORT

LEVEL

Specialist support for LGBTQ+ domestic abuse in
Calderdale & Kirklees
info@levelchange.org.uk

Galop (galop.org.uk)

The UK's LGBTQ+ abuse charity
0800 999 5428

Loving Me (lovingme.uk)

For trans+ and non-binary victims and survivors of domestic
abuse
07902 478958

Calderdale Staying Safe (calderdalestayingSAFE.org.uk)

Domestic abuse support in Calderdale
01422 323339

KDASS (kdass.org)

Domestic abuse support in Kirklees
01484 218620

Refuge (refuge.org.uk)

The UK's largest specialist domestic abuse organisation
0808 2000 247

Respect (respect.org.uk)

Supporting male victims and survivors of domestic abuse
0808 801 0327