

Parallel parenting - a guide for abuse victims who have to co-parent

Firstly and unfortunately for most, the court system doesn't always favour victims of abuse when it comes to child arrangements. This leaves many people in the unenviable position of having to co-parent with the person they escaped in the first place. It all seems grossly unfair and it is. However, courts don't work with emotions and anecdotes so in the case of narcissistic or emotional abuse it's difficult for them to make a decision based on what they deem as not concrete evidence. They always want parents to play nicely, but an abuser doesn't think in normal terms. Everything they think and feel is about power. Money whether it be yours, your children's or your family inheritance- is theirs. Controlling you and the children is their right and possessions (including children) are status symbols for them to keep up their facade and all add to the narrative. In short, an abuser will use children as a pawn in their games with you. A court can't always see this and often grant 50/50 access.

Before you scream at the page and tell me I'm wrong and that you'll fight to make sure a court awards you sole parental rights. Without solid evidence that your perpetrator is a threat to your children, they often won't listen.

I understand your pain, I understand that the next few years trying to co-parent will be a hell you can't endure. My advice is to make life slightly easier, don't fight the pig because they enjoy wrestling in the mud. They'll get excited by dragging you through a court and costing you emotional pain and money. It's time to get back your power and take control of what you can.

I've written this booklet because I feel your pain and even now I'm going through this very same issue. I don't have all the answers but I do have a technique I use called parallel parenting that I'd like to share with you.

Parallel parenting is an arrangement in which divorced or separated parents are able to **co-parent** by means of disengaging from each other, and having limited direct contact, in situations where they have demonstrated that they are unable to communicate with each other in a respectful manner.

This quote is taken from *Psychology today* and basically indicates what I would call 'parents not playing nicely'. I'm not a fan of this quote as the undertones indicate that parents are being childish and simply '*can't get on*'.

Parallel parenting isn't the same as co-parenting. Co-parenting, is where two parents who are on reasonable terms with each other, at least on the surface. Even though their relationship didn't work out, they're able to come together and raise their children in a healthy environment.

To expand on this view; in essence, parallel parenting is disengaged parenting method. With parallel parenting, everything is separate. These parents don't attend extracurricular activities, doctor appointments, or school meetings together. Communication is kept to a bare minimum, and occurs only when necessary.

If you're coming out of a relationship with a narcissist or otherwise emotionally abusive partner, parallel parenting is likely a much healthier choice than co-parenting. Don't let anyone's judgement tell you otherwise if you know this to be the case.

In this booklet I offer my practical advice on how to parallel parent with an abuser. I'm not a social worker or legal professional but I have experienced it. This booklet is merely my opinion based on tried and tested methods I've used.

I've broken it down into a number of sections. I've tried to keep the language light and easy without using complex legal terms. It's an everyday guide, for anyone going through this difficult dilemma I've tried to avoid gender bias and suspend judgement but obviously as a heterosexual female, I can only use my perspective.

Sections

- Understanding the abuser and their mindset
- Victim parent mindset- preparing your mind to engage in parallel parenting
- Support networks
- The logistics and contact details, mediators

Topics

- Medical
- Education
- Hobbies
- Holidays
- Celebrations
- Child arrangements: With parallel parenting you have two parents who are friendly with each other, at least on the surface. Even though their relationship didn't work out, they're able to come together and raise their children in a healthy environment.

Understanding the abuser and their mindset

For the past 5 years I've supported a number of domestic abuse victims across many geographies and backgrounds. I support people on a one to one basis and via social media groups. The stories are different but all have similar characteristics. I used my own experience and developed an interest in this subject and spent 5 years studying sociopathic behaviour and providing help to those suffering from the aftermath of emotional abuse.

At the early stage of their healing is the realisation of what they've been through. They start to ask questions of themselves and of the abuser. I can categorise these into about five key questions.

- 1) How could they do this to me?
- 2) Why are they different with the new partner?
- 3) Is it normal for them to.....?
- 4) Why won't they leave me alone?
- 5) How can they treat their children like this?

I'll try to answer these questions whilst getting into the psyches of both an abuser and victim.

1) How could they do this to me?

Firstly, don't beat yourself up. It's not you they have done this to, it could be anyone they have a close relationship with. Most abusers have some very deep rooted self loathing going on. Abusers aren't born, they are nurtured by poor parental influences. This could be over or under indulgent parents, childhood abuse, neglect, not given strong guidelines on right or wrong, being made favourite child or scape goat.

This programming happens at an early age and they spend the rest of their life developing strategies to hide their true self. They create a fake persona that either lives up to the hype an over indulgent parent or one that shows them in a positive light and goes against what they were told when they were bullied, abused or neglected.

They literally control their image and getting close to someone threatens that.

e.g "I'm a successful person by most standards' - a typical narcissistic quote.

Not all people who experience this as children grow up to be abusers. There are key points in an adult's life when social norms should kick in. However, abusers choose to ignore them, because they like the power or belittling or scaring or breaking someone.

You aren't to blame. Many abusers are charming and wonderful in the early years. They can flit between being nice and fun to nasty and vicious. These tactics are used to hook people in. You may have been fooled for years and people around can also add to that by normalising abuse being seen as petty arguments or you being over sensitive.

You probably had fun times together; holidays, celebrations, births and weddings. You remember these with fond memories. However, they will probably remember them as transactions, unless they were the centre of attention at the time then they may remember them fondly.

Abusers also like strong people because it's a bigger challenge to try and break them. The stronger someone is, the greater the challenge.

They hate anyone who seems to have it all together or have anything they don't have. e.g good family or a good career.

They don't care, there's a distinct lack of empathy. They understand the mechanics of empathy and have probably spent their entire lives modelling and mimicking what it looks like, this same way an actor prepares for a role. They have it so honed they can fool even the most astute psychologists.

2) Why are they different with the new partner?

Not all is rosy in the garden, believe me, don't believe everything you see.

Think back to when you first got together. Were they charming and wonderful? Did they buy you gifts and tell you, you were the best person they'd ever met?

They use technique called 'love bombing' where they shower a new person (often called new supply) with love and affection and gifts. They become super parent, domestic God/Goddess. This helps them create the 'perfect partner' narrative. The new person will gush on social media that they have the best partner thus engaging friends and family in the narrative.

Early alarm bells should ring when they have a string of failed relationships with so called '*crazy people*'. Often abusers start new relationships playing the victim. They tell stories of how hard done by they were. How their ex partner never let them do things, that their ex was the abusive one, that they were lazy, ruined every holiday or Christmas and didn't look after the kids properly. They love to play victim.

They also use goading and retaliation tactics. Such as going on that holiday that you really wanted to go on or buying them the car you wanted and posting it all over social media. They even create nuclear families, have children with the new partner to stick it to you and prove that they can be a family person. They hope you'll retaliate, get angry and therefore creating the story of you being a crazy ex.

This is all part of the game. They are engaging a new person into believing their facade and also getting their friends and family to believe it. They are just lining them up to be abused in future. The more people who believe the lie, the harder it is for a victim and this case new supply to speak out.

In short, the new partner will become the old partner once they are no longer useful to the abuser's ego.

3) Is it normal for them to.....?

If you're asking if it's normal for them to do anything you already know the answer is no. Someone asked a question if it was normal for their partner to urinate over their clothes so they couldn't go out.

My response was; you know the answer to that- its' weird, get out!

Another asked if it's normal for a partner to do a three hour fashion show before putting things in the case for a holiday. Telling the abuser how beautiful they are and which outfits look best and which would get the most attention from the opposite sex.

No, No and most definitely bloody no! It's not normal!

Nothing is normal in their world. The problem is so many victims get engrossed in their abuser's screwed up world that they lose track of reality. Often victims even question if they're are the abuser. If anyone is questioning if they are an abuser, narcissist, sociopath, psychopath' I'd hazard a guess that you most probably aren't. Abusers don't question their behaviour, to them whatever gives them power and their own way, is normal.

As I mentioned before, I have a major problem with people who normalise abuse. Many people live in dysfunctional relationships and by them admitting yours sounds abusive, it would mean putting a spotlight on their own situation. Often these people will play down destructive behaviours as nuances, quirks or dynamics of everyday life. This often happens amongst older generations or with those in cultures who were told not to air dirty linen in public. The brush it under the carpet brigade, as I call them.

I remember someone telling me that he slapped his wife every now and again because his dad did it to keep his mum on her toes. I told him that did he know it wasn't normal behaviour? He said it was because his mum and dad were still together 50 years later.

Another said is it normal for my ex to withhold the children's clothes, so I have to buy new ones when I don't have any money?

Questioning 'normal' is usually an indication of abnormal to me. I go with the mantra; if it doesn't feel right, it's probably not.

4) Why won't they leave me alone?

This is such an interesting question and one that is often asked particularly when people are divorced, separated and even have new partners but they are still being hassled by the ex.

There are a couple of reasons they won't leave you alone:

- 1- If you left them, it's an insult. You've hurt their ego and you must be punished.
- 2- They want you back to play the game with. You were their favourite toy/game and they haven't finished with you just yet. They'll be finished when you are a mess or broken, in some cases dead.
- 3- The new toy (partner) is boring, doesn't massage their ego like you did or they massage it too easily and it's not a challenge.
- 4- You've become successful without them and that hurts their ego. They want a piece of your success and they have new interest in you. You now emulate everything they want to be. They also want to try and take your success away. How dare you be good without them? It doesn't look good that they discarded you.
- 5- You have children with them and they are their possessions. They can still abuse you through their kids so the game continues.

It's like a cat with a toy, they aren't happy until you're messed up and no use to anyone else.

5) How can they treat their children like this?

This is the most common question when someone is hurting. Most people can't understand how innocent children can be dragged into this game.

I think for the purpose of the rest of this booklet it's important to understand how perpetrators generally perceive their children and the relationship with their children.

They might be possessively close to their children. This causes the abuser to have an unrealistic attachment to the child. The child exists solely to fulfil their needs and they often use them to control the other parent. Children are easy to mould and develop into mini-me's. If the child looks similar to the abuser they can also favour them over another child who may look like the victim parent.

Abusers create duty fulfillers, a team of little spies and robots who are set to work unknowingly to support the abuser. They manipulate younger children to suit their needs and into believing if they go against their wishes they'll be discarded or tossed aside.

Teenagers are usually a problem for abusers. As teens start to gain their own view of the world developed by their social contacts and media and they start to form their own opinion, and they start to question the abuser, often they are dropped and ignored.

The other reason they use children is because often it's the last connection they have to an ex and therefore the only and most powerful thing they can control their victim ex with. They want a trigger and response, because that excites them and it keeps them present in your life. Children are likely to be the most emotive weapon and using them will develop a greater trigger than money or possessions.

Parenting, for an abuser is about possessing a power to control people's reactions.

There are stories of people faking their ex's death and pretending to be single parents to get sympathy. Stories of children being set up to spy on the victim parent, removal of finances and even one case where a husband took legal action to get the wife imprisoned for series of false child sex abuse allegations.

An abuser will never consider the children, only themselves. This takes me onto my next section-preparing your mind to engage in parallel parenting.

Victim parent mindset- preparing your mind to engage in parallel parenting

My understanding is that you cannot change an abuser. Most of my connections know that I am vehemently against programmes which try to reform abusers. In my mind and based on real experiences, I am of the view that abusers cannot be reformed. An emotional abuser does so because they enjoy it, they get a kick out of it and they have no long term desire to change. Any programme would be short lived and serve to make short term superficial changes to please a court or medical programme.

My view is; spend time and money on supporting victims. With the right guidance victims can re-programme their response and tactics to deal with an abuser, because their internal driver is about freedom, peace and normality. I never ever subscribe to abuse being a victims fault. Abusers abuse because it facilitates them getting exactly what they want- control.

Parallel parenting requires a victim parent to emotionally detach from the abuser and at times from the children. It will be impossible to parallel parent if you still have strong positive feelings towards them. The aim is to get to a point of indifference. This is not a state that will happen over night and don't beat yourself up if there are relapses.

It's not for the faint hearted but it is more peaceful once you realise that you are both parenting side by side.

Clear out the past

1. Put away and archive family photos of your ex and you and the kids- this will ensure you not to get embroiled in strong nostalgic images and possibly long for the old days. In their place replace with up to date photos of you and the kids. Go and make some new memories- the park, a holiday, something fun you didn't do as a family.
2. Get rid of any of their possessions that may be hanging around. We had pens from my ex's company and trade shows gifts. I binned them all. I told myself that they brought bad energy into the house.
3. Keep things both households separate. Anything they have bought should go back to the household that paid for it
4. Box up any gifts that the ex bought and sell or give to the charity shop. If you sell use the money for a day out for you and your children.
5. Wedding wear, photos and rings- make decision on what you will do with them or store them away so they aren't in plain sight.
6. Meditate daily- some great tracks on getting rid of negative blocks, ex attachments on the internet. I have a Youtube channel with some of my hypnotherapy tracks on.
7. Draw your future- If you have young children get them to draw, paint or write about the next family Christmas, outing, holiday, birthday, home. It's good way of planning for the future.
8. Re-decorate- If you still live in the family home it's a good way of clearing out the past.

Create boundaries

1. De-clutter your social media, archive or remove photos, unfriend people or set up new accounts
2. Block your ex on everything and set up an email account just for them.
3. Make list of those who've supported and those who haven't, cut out the ones who haven't supported you
4. Be prepared to be on your own a lot, do all the things you enjoy
5. Use a visualisation technique called self-intergraded dislocation You visualise yourself in a warm supportive bubble anything negative sits outside this bubble. I have a hypnotherapy script on this on my youtube channel Lkaye wellbeing
6. Try and cut out any associations you have with the abuser, these people can become flying monkeys set only to work and spy for them
7. Have a rule on not contacting the children or them not contacting you unless it's important or an emergency when they are at other parents.
8. Don't respond to the abuser's demands and choose your battles- Is your child wearing odd socks a reason to contact them?
9. Use older children to make any contact that is needed. Give them some responsibility but don't make it sound like a negative thing and don't ask questions about the ex and their new partners or family set up.
10. Prepare your children- don't sugar coat bad behaviour, call it out and sign post it. Don't be overly aggressive about your ex but if they do something that isn't right, tell them in an age appropriate way.

E.g they say something belittling

A primary school child should understand that's it's not just poking fun, that it's mean, just like a school bully is.

A teenager needs to understand that it's abusive and bullying and that it wasn't a provoked reaction. They need to understand your response would be to call out the bad behaviour in a un-emotive way and also to tell people.

The more prepared children are with the boundaries, the better it will be for parallel parenting.

Emotional preparation

1. Prepare your mind for dropping off and pick up- I like to see it as an appointment I have to drop my child off at and then I forget about it until I pick them up again.
2. Don't see their new partner as the enemy, even if they've done things to betray you. Remember, they'll be the next victim.
3. Plan things to do in the time you are on your own
4. Try a holistic treatment like Reiki to distress your body
5. Going walking in a forest or field or by the sea
6. Take a drive somewhere new
7. Take a salt bath and scrub your body
8. Connect with your inner child, do something you loved as a kid
9. Listen to music you love

It can take years to truly prepare for parallel parenting. The more you do to detach from the abuser, the easier it will be. Remember your aim is to feel at peace when they are with the other parent.

Support networks

Child arrangement orders

I don't work in the legal profession, so my advice on child arrangements is based on personal experience.

I would recommend anyone dealing with a difficult situation to get a child arrangement order put in place. You can do this through a solicitor or apply directly to the court.

A court will always look at the best interests of the child. Ensure that any correspondence doesn't have malicious intent. i.e you want to remove the child because of your hatred of the other parent.

If a child is deemed safe at the other parent's then access will be given. They look at reasonable requests like removing a child because of addiction not speculation on minor issues such as dressing them in odd clothes or sending them to school in trainers.

In the arrangement you agree who has primary parental rights, what days the other parent has the children, finances associated with care of children, who retains important documents, holidays out of the country and school holiday care.

Ensure that your parallel parenting plan is written down and shared as part of the process.

Ad-hoc changes

Try wherever possible to keep to agreed child arrangements and not ask for favours from the abusive ex. If you need to deviate because you want a night out, got to work away, you're ill, you're working late. I like to take the stance of being a lone parent and sort childcare out with my own connections. Asking an abuser to look after your child on days they aren't assigned is playing into their hands and fuels the tale that you're an unfit parent.

In instances where victims have good supportive family members I would always recommend you use them for additional childcare. Get a babysitter, after school club or one of your trusted friends.

Never use people linked to the abuser- like their family or their close friends. It leaves you wide open to speculation on not being able to look after your kids properly.

Whatever arrangements are agreed ensure it is done through the correct legal channels then if there is a deviation you can hold them to account. Without official arrangements it is easy for them to deny the arrangements and change details.

The logistics and contact details, mediators

5 Steps to sorting out logistics

Step 1- How will you split time with the kids?

State which days children will be with each parent. Include holidays, birthdays, Christmas.

Step 2- State start and finish times for visits

To prevent misunderstandings and ambiguity include pick up and drop off times

Step3- Locations for pick-ups and drop offs

Choose a neutral drop off and pick up point so that each parent is to going to the other's home.

Step 4- Discuss how you'll handle cancellations

Cancellations will occur, so outline a plan for handling these situations. Make it abundantly clear whether a parent will be allowed to make up their time. If so, the plan should outline when they're able to do so.

Step 5- Create a plan to handle disputes

When a parallel parenting plan works, disputes are kept to a minimum. But no plan is perfect, especially when one parent is difficult.

If you foresee problems, ask the court to appoint a mediator. Instead of arguing back and forth, you can schedule a meeting with your mediator to work through the conflict.

Contacts

Keep contact details to a minimum. If there needs to be some form of communication method, I suggest an email account only used for the ex and managed by a third party such as a family member or mediator. An abuser is less likely to abuse if a third party is involved in child arrangements.

Keep the email address for this purpose only. It will be easier to look at patterns and frequency of contact and pin point any abuse, if details are not mixed up with other e-mails.

Planning important activities

Abusive parents will often sadly use children as an opportunity to cause problems with their victim. It's the perfect opportunity for them to make themselves present in your life while having an plausible excuse. Playing the good parent and enticing others into this version of the truth. However, it is possible that an abusive partner can be a loving parent, which is dichotomy that is difficult to fathom if you are the victim.

It is important that you have in your plan how you want to organise particular activities and state which parent will be responsible for certain aspects of a child's life such as Medical, Education, hobbies, celebrations, family time, clothing and there's also a plan on what to do in emergencies.

It sounds very prescriptive but in my experience it is best to have transparency and not give the abuser opportunity to change or create confusion around important activities. Stick to the plan and be consistent, abusers will look to pick holes in anything that doesn't look consistent. It's also in the best interests of the children to be clear.

My advice would be to leave new partners, spouses and step children out of the plan to avoid complications and further heightened emotions.

Medical

-Decisions should be made on who the children's GP, dentist opticians or other medical specialist are. Write down who makes that decision and the reasons why the decision is left with that parent. Ideally it would be great to agree on this but in the event that an agreement can't be reached state your reasons for choosing.

e.g I want Dentist X because it's my Dentist and it makes joint appointments easier

- Who is the primary contact in emergencies?
- Who will take them to appointments?
- On what occasions is there a deviation from the plan?

Education

- Decide on who does the school run and on what days.

Communication with school

Speak to school about your situation, you won't be the first family to experience this.

I would always recommend that you work with school to ensure all letters or other correspondence are kept separate. This requires a duplication of messages but ensures both parents are kept in the communication loop.

School trips, residential, lunches, after school clubs and other activities linked to school wherever possible should be paid 50/50 and invoicing sent from school

accordingly. If you have an agreement with the ex about how money is split the refer to that.

Agree who the primary contact is for school, emergencies, I advise it being whoever the court ruled as primary parent to avoid any confusion.

Parents evening and school activities

Ask the school to send separate appointments for parents evening preferably on different days. Also ask for 2 copies of school reports so each parent receives the same.

Decide which parent will attend plays, sports activities, awards ceremonies or in lower conflict situations ask to be seated apart.

New schools

Information should be shared on school changes or new schools and make a decision who has the deciding vote and why. Use details such as proximately to home, transport links, Ofsted rating, reputation, friendship groups of the child, special needs support, costs, long term prospects linked to your child's talents

E.g. A child with good computing skills may want to go to a technology focussed school

If the decision is on a high school I would involve your children in the decision making process as they will be at an age to understand and they are more likely not see conflict if they've been involved.

Hobbies

Wherever possible, keep hobbies separate per household. For example your children may play football with one parent and may do tennis with another.

This will enable each parent to engage in hobbies and still enjoy watching their children.

Each parent is responsible for paying for the hobby they engage with.

Holidays

Agree on a yearly basis who will look after the children during which school holidays. Agree up front when you will be taking the children out of the country and to where and for how long and who will be going on the holiday.

I ask either parent to suspend judgement if new partners or step children are going on holidays. Re-assurance that your children are adequately safeguarded should be written into the plan.

Things such as; children will not be left alone with a new partner or step children. The responsible parent is to be with them at all times (dependent on age), Older children should have a means of contacting you if they feel uncomfortable or unhappy with the situation.

The safeguarding issue is important but also can be open to conflict. Ensure that any uncertainties you have are addressed in the plan.

Holiday clothing should be kept separate with each parent taking responsibility for buying for their holiday.

Celebrations

There is nothing more conflict ridden than family celebrations. Christmas/religious celebrations, birthdays, weddings bring out the worst in even the most reasonable of people.

I would advise a yearly planner of all these activities so it's clear when they are and the logistics.

Christmas or other important religious festivals in my view should be split either one parent having the child the eve of the event until the next morning or alternating it on a yearly basis.

I apply the same logic to Birthdays or have a birthday weekend where one parent has the child on one day and the other on the next.

My view is that presents associated with celebrations should stay at the household and family who provided them.

Avoid duplication of gifts by asking the children to do 2 separate lists, in my experience they love this. Don't get worried about who is spending what money, buy within your budget and ignore what's happening at the other household.

Money

My personal view on financial support from an abusive ex is grossly unpopular with many people, particularly when there is an imbalance in income. However, I feel that taking money from an abuser for the upbringing of children complicates parallel parenting and doesn't make the conditions equal. I would personally avoid having to do this if you have the means to support yourself and your children.

Taking money is another opportunity for an abuser to abuse you further. They have a hold over you and the idea of parallel parenting is to keep everything separate.

I'm also a realist and I understand that for many people there is not choice. In this instance I would be clear on what the money is used for. Any clothes, possessions bought with that money stays at your home. That the money is used only for the children.

Be clear on the date the money is paid and by what means.

Support networks

If you think you are the victim of domestic abuse or post relationship abuse here are some useful contacts

Organisations for lone families

Gingerbread

For advice and information

- Information on a wide range of issues, including benefits and tax credits, childcare, separation, work, housing and child maintenance

Tel: 0207 428 5400

www.gingerbread.org.uk

Organisations for women

National Domestic Abuse helpline

The National Domestic Abuse Helpline is a freephone 24 hour helpline which provides advice and support to women and can refer them to emergency accommodation.

The National Domestic Abuse Helpline is run by Refuge.

There are translation facilities if your first language is not English. The Helpline also offers BT Type talk for callers with hearing difficulties. The Helpline worker contacts the Type talk operator so that the caller can communicate through them.

Website: www.nationaldahelpline.org.uk

Refuge

Their helpline offers advice and support to women experiencing domestic violence.

Refuge also provide safe, emergency accommodation through a network of refuges throughout the UK, including culturally-specific services for women from minority ethnic communities and cultures.

Their website also includes some information for men who are either being abused or who are abusers.

Website: www.refuge.org.uk

Women's Aid

The Women's Aid website provides a wide range of resources to help women and young people.

This includes [The Survivor's Handbook](#) which provides a range of information including legal and housing advice, tips on how to create a safety plan and advice for people with specialist housing needs. It's available in 11 languages and in audio.

They also [run a website to support to children and teenagers](#) who may be living in a home affected by domestic violence, or who may be in a violent relationship themselves.

Website: www.womensaid.org.uk

Rights of Women

Rights of Women offers confidential legal advice on domestic and sexual violence. You can find out more about what they do and when they're open on their website.

Website: www.rightsofwomen.org.uk

Organisations for men

Respect - Men's Advice Line

A confidential helpline for all men experiencing domestic violence by a current or ex-partner. They provide emotional support and practical advice, and can give you details of specialist services that can give you advice on legal, housing, child contact, mental health and other issues.

Website: www.mensadvice.org.uk

ManKind Initiative

The ManKind Initiative is a charity offering information and support to men who are victims of domestic abuse or violence. This can include information and support on reporting incidents, police procedures, housing, benefits and injunctions. They can refer you to a refuge, local authority or other another support service if you need it.

Website: new.mankind.org.uk

SurvivorsUK

This is a helpline for men who have been victims of rape or sexual abuse. They may be able to arrange counselling or a support group if you live in the London area, or provide details of an appropriate service if you don't.

Website: www.survivorsuk.org

Everyman Project

The Everyman Project offers counselling to men in the London area who want to change their violent or abusive behaviour. It also has a national helpline which offers advice to anyone worried about their own, or someone else's, violent or abusive behaviour.

Website: www.everymanproject.co.uk

Organisations for women and men

RCJ Advice Family Service

RCJ Advice Family Service can give legal advice to people who are affected by domestic abuse or need family law help – [find out more on the RCJ Advice website](#).

Rape Crisis

Rape Crisis (England and Wales) is an umbrella organisation for Rape Crisis Centres across England and Wales. The website has contact details for centres and gives basic information about rape and sexual violence for survivors, friends, family, students and professionals.

Rape Crisis (England and Wales) also runs a freephone helpline.

Website: www.rapecrisis.org.uk

National Stalking Helpline

The National Stalking Helpline can provide advice on how to deal with any type of stalking behaviour. This includes advice on how to report the behaviour to the police, and what you can expect if you report something.

Website: www.stalkinghelpline.org

Respect Phonenumber

Respect Phonenumber offers information and advice to partners, friends and family who want to stop someone's violent behaviour. Website: www.respectphonenumber.org.uk

About the author



Mother of one; Elise Kaye-Bell is a clinical hypnotherapist, author, blog writer, key note speaker offering support and training to schools and corporate organisations on emotional well-being. She volunteers on a number of programmes supporting victims of domestic abuse and coercive control.

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