How can we help you?

The ADAM Project can offer you free, **confidential** advice and support if you are a man experiencing, or are at risk from, domestic abuse.

Support is tailored to an individual's requirement. This could be face to face, by video call, phone or email.

Information and advocacy can be provided on issues such as:

- Relationship breakdown
- Keeping safe
- Housing options
- Welfare benefits
- Legal issues
- Budgeting
- Tenancy sustainment
- Signposting & referrals to other agencies

Visit our website to find out more:

www.adam-project.org.uk

Contact us

Domestic abuse against men is much more common than you might think.

If you have experienced abuse, please don't be afraid, embarrassed or ashamed to contact us. You are not alone and there are people ready to listen and believe what you say.

You can make initial contact by phone, text, Whatsapp, email or social media and will then discuss the best way for us to support you..

TELEPHONE

07912 495 159

EMAIL

adam.project@wallaction.org.uk

@theadamproject

@ADAMProject_LLR

@ADAMProject_LLR

Registered Charity No: 1136419
Company Number: 7171654

The ADAM Project

Against Domestic Abuse for Men

What is the Adam Project?

It's a service dedicated entirely to supporting male victims of domestic abuse.

Can men be victims of domestic abuse?

Yes. Anyone can experience domestic abuse - it can happen in all kinds of relationships regardless of age, race, sex, gender identity, sexual orientation, disability, wealth, and lifestyle.

Who can use this service?

Any male aged 18 years or over living anywhere in Leicester, Leicestershire or Rutland, who is experiencing, or is at risk of, domestic abuse can access support from the ADAM Project.

Who can be an abuser?

The abuser can be a partner, ex-partner, any family member or a carer.

Do you only support straight men who are being abused by female partners?

No. We provide support and advocacy to ALL men, regardless of whether they identify as straight, gay, bi-sexual or transgender. We also support men where the perpetrator(s) is family as opposed to a partner.

Can a man be a victim of Forced Marriage?

Yes. Forced Marriage is a marriage in which one or both spouses do not consent to it. This is an abuse of human rights.

Can a man be a victim of honour based violence?

Yes. This could be perpetrated by your own family or by the family of a partner or spouse, and occurs when the actions of an individual are perceived by their or their partner's family to have damaged its reputation.

What is domestic abuse?

Domestic abuse includes a range of behaviours including: Physical, emotional, sexual, stalking & harassment, financial & coercive control.

Do you recognise any of these behaviours?

If so, you are most likely a victim of domestic abuse.

Domestic abuse is rarely a one-off event. Physical and sexual abuse tends to get more severe and happen more often over time.