

“I was physically and emotionally abused on a daily basis. Nobody knew I was living that life. The court procedures took three years after I left my abuser, and I was diagnosed with PTSD. It is a miracle that I kept my job.”

- Rima



Domestic abuse can happen to anyone. Listen to Rima's experience here.

"We worry about saying the wrong thing to someone experiencing domestic abuse. But what if the right words, at the right time, could save someone's life?"

- Kristina



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“I helped create the domestic abuse response at my workplace, not knowing I would one day need to use it myself. Having a supportive employer helped me cope during the abuse and as I dealt with the aftermath in the years that followed.”

- Lorna



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“Seeing your mum covered in bruises, seeing her cry every day, physically trying to protect her, not recognising her because she has completely changed her appearance and her whole being... is a heavy weight to carry for a young person.”

- Naomi



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“Domestic abuse can sabotage someone’s career, autonomy, financial stability, and self-belief. The impact on the victim-survivor is huge, and it also impacts their employers. All employers can play their part to provide positive outcomes for employees experiencing abuse.”

- Sam



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“We spend much of our time in the workplace. Our work and personal lives are and will remain intertwined. For employees who are affected by domestic abuse, this impacts all aspects of their lives. Employers can be a source of much needed support. The workplace remains a vital refuge when employers are prepared to make it one for their employees.”

- Rajinder



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“Behind the badge, behind the desk, behind the smile, abuse can still exist in subtle and substantial ways. Behind absences, a dip in performance, or sudden resignation, missed meetings, and avoiding socials, there could be a silent struggle with abuse. Employers and workspaces can be the first safe space a survivor finds.”

- Shital



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“Survivors are often asked to carry the impossible at work, and most of it remains invisible. At work, I looked calm and capable on the outside, while inside I was carrying the weight of trauma and a court case that few people could see.”

- David



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“I left my abusive partner with a young baby and no money. The ability to work is a lifeline, giving independence and safety. For survivors, employment isn’t just a job, it’s freedom. Employers can save lives by showing compassion and allowing time to heal.”

- Charlotte



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“For those impacted by domestic abuse, the right employer response can be not only life-changing, but life-saving. Ideally no victim of domestic abuse would endure in silence. But many do, and disclosures might only happen after months, or years, of suffering.”

- Andrew



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“It can be hard to acknowledge that your relationship is an abusive one. In my case, the power and control I was living with made me change my behaviour, but I couldn't see it myself. The support of employers can be life-changing, as it can help you to open your eyes to what is happening.”

- Sally



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“When I was experiencing abuse, the workplace became my only safe space, a place away from my abuser. Work can provide not just safety, but also the chance to seek support and take steps toward an abuse-free life. That’s why workplace support is so vital.”

- Sharon



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“Domestic abuse didn't only take away my career but also my identity, sense of purpose, belonging, and direction. Employers play a crucial role in providing support, understanding and a safe environment, to help break the cycle of coercive control, domestic abuse, and its impacts.”

- Sam



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“Domestic abuse ultimately cost me my job. When odd things started happening in my life, my employer lost trust in me, and I went from being a top executive to being made redundant in the same year. By raising awareness of domestic abuse, we can ensure that victim-survivors are supported and protected instead of penalised.”

- Kathryn



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“I often left the house with great fear of what I would return to at the end of the day. People at work noticed my usual joyful demeanour change to anxiety and nervousness, but I felt I couldn’t tell anyone due to the stigma of being a man. Domestic abuse doesn’t end at our front door. For many, it begins before the day does.”

- Gareth



Domestic abuse can happen to anyone. Listen to Gareth's experience here.

“It can take several tries before you leave an abusive relationship, and it can be dangerous. I wish I could go back and tell my employers to learn about what someone goes through in these situations.”

- Sarah



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