

## **DASH information leaflet**

If a professional has asked to complete a DASH risk assessment with you, it is important you recognise what that means.

### **What does DASH stand for?**

DASH stands for Domestic Abuse, Stalking, Harassment & Honour Based Abuse. It is a risk assessment tool that professionals use when domestic abuse is disclosed.

### **Why is a DASH being completed?**

There are concerns that you may be experiencing domestic abuse and completing a DASH risk assessment helps those supporting you to understand what you are going through; and what help and support is most appropriate to your situation. A DASH should be completed within **48 hours** of disclosure to ensure the most up to date risk is captured.

### **Who will see the DASH?**

The DASH risk assessment will only be shared with other professionals who can support you. It will be stored securely. The abuser will not be made aware, by professionals, that a DASH risk assessment has been completed.

### **What happens after I've completed a DASH?**

After you have completed the DASH, the professional will help to determine what level of support may best suit you and will explain what this will look like and how you can access it.

If you have any questions about the DASH risk assessment or what happens once you have completed one, the professional will be happy to answer any questions that you might have.

This may be the first time that you have disclosed abuse to anyone, and professionals do recognise how upsetting and uncomfortable this can be, especially answering such personal questions.

We recognise that many different professionals may ask you DASH questions which can be repetitive for you. However, all professionals have a duty to safeguard and there may be times that answers differ or certain details are remembered, so please be patient with those who are asking these questions.

From completing the DASH, many people have described feeling a sense of relief that their concerns have been heard and that there is support available.

Even if you don't feel ready to put safety measures in place at this time, knowing that someone has listened to you and given you information on how to keep safe and who you can speak to, can make you feel heard.

For more information about domestic abuse, please visit [www.domesticabuselincolnshire.com](http://www.domesticabuselincolnshire.com)