

Help for men experiencing domestic abuse who have an insecure immigration status and need emergency housing

Your immigration status can affect what help you can get if you need to leave home because of domestic abuse. This guide explains the main options in simple language.

If your visa says "no recourse to public funds"

This usually means you cannot claim benefits or ask the council for housing as a homeless person. But you may still be able to get other help. If you are not sure what your visa allows, get advice from an immigration adviser and a domestic abuse service.

The sections below explain support options for different types of immigration status. Try to get expert independent immigration advice before you decide what to do next.

If you are an asylum seeker and you are experiencing domestic abuse

If you are an asylum seeker living in Home Office accommodation and a partner or family member is abusing you, an adviser can contact the Asylum Support Appeals Project (ASAP) for help. Their advice line number is 020 3716 0283 and it is open on Mondays, Wednesdays and Fridays from 2pm to 4pm.

If you are not safe where you are living, the Home Office may be able to pay for somewhere safer, such as a refuge.

You usually cannot claim benefits or make a homeless application unless you are later given refugee status, humanitarian protection, or another status that allows public funds.

You can find more information from the [Asylum Support Appeals Project](#) website and [Shelter website](#) about asylum support for people experiencing domestic abuse.

Some information may talk mainly about women, but this support can also help men who are experiencing domestic abuse.

If you are in the UK on a spouse or partner visa and your partner or their family is abusing you

You may be allowed to work in the UK, but your visa may still say "no recourse to public funds", which means you usually cannot claim benefits or ask the council for housing as homeless. However, there is a special immigration route for people whose relationship has broken down because of domestic abuse.

If you have evidence of the abuse by your partner or their family, you may be able to apply for indefinite leave to remain in the UK while you are on this visa.

This is often called the domestic abuse settlement route; more details are available at [GOV.UK](#).

You will need to give the Home Office evidence of the abuse; more details are available at [GOV.UK](#).

The application fee is £3,226 per person, unless you qualify for a fee waiver.

- you do not have anywhere to live and cannot afford housing
- you have somewhere to live but cannot afford basic living costs like food or heating
- you have a very low income and paying the fee would harm your child's wellbeing

If you need money or housing support while you wait for a Home Office decision, you may be able to apply for the Migrant Victims of Domestic Abuse Concession. This can help you:

- stay in the UK lawfully while your settlement application is being decided
- apply for benefits if you are eligible,
- ask for help with interim housing from refuges, the council or private rented accommodation.

If your partner took you abroad and left you there to damage your visa, you may still be able to get help to apply to return and settle in the UK. This is sometimes called transnational marriage abandonment. You may also be able to get Legal Aid.

If you have pre-settled status under the EU Settlement Scheme and you are experiencing domestic abuse

You may be able to apply for indefinite leave to remain as a victim of domestic abuse if you are:

- the partner of a British citizen
- the partner of a member of the armed forces who has served for at least 4 years
- the partner of a person who is settled in the UK, for example someone with indefinite leave to remain or settled status
- the partner of a person with refugee status

You may also be able to apply for the Migrant Victims of Domestic Abuse Concession to:

- stay in the UK lawfully while your settlement application is being decided
- apply for benefits if you are eligible,
- ask for help with interim housing from refuges, the council or private rented accommodation.

Important: You must seek legal advice from a regulated immigration adviser before you consider an application under the Migrant Victims of Domestic Abuse Concession. Applying may cancel your existing Visa and could change your immigration status. You can find more information from GOV.UK

You usually cannot apply through this route if you are:

- in the UK to get married
- in the UK as your partner's dependant when they have a student or graduate visa
- in the UK as the partner of someone with humanitarian protection

Get advice as soon as you can

Try to speak to a regulated immigration adviser and a domestic abuse service as soon as possible. If you are in immediate danger, call 999. If you cannot speak, call 999 and press 55 when asked.

- Immigration Adviser Finder Tool
- Men's Advice Line / Telephone: 0808 8010327

UK Government Support

UK Visas and Immigration

Telephone 0300 790 6268 for general questions about visas, the EU Settlement Scheme, or making an application from inside the UK. For specific queries, it is recommended to use the <https://www.gov.uk/contact-ukvi-inside-outside-uk> to find the right digital or phone route for your case.

Independent Immigration Advice

Asylum & Refugee Support (Migrant Help)

Call 0808 8010 503 for help navigating the asylum process, the EU Settlement Scheme and general resettlement.

Citizens Advice

For general or complex immigration queries, call the free Adviceline at 0808 278 7810 or find your closest branch using the Citizens Advice Locator. Men's Advice Line can also support with searching for free local immigration advice services.

Shelter Housing and Homelessness Advice pages

Use our online advice pages linked below if you want to find out your housing rights:

- [Housing advice from Shelter – Shelter England](#)
- [Get help from Shelter – Shelter England](#)

Respect
Men's advice line

