## We won't judge you, we won't criticise you.

## We will support you with all of our skills and experience so you can feel safe.

### In an emergency

If you or your children are in immediate danger call 999 and ask for the Police.

**we can help just call**

**03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

**www.myharbour.org.uk**

harbour

working for safer communities

**we can help just call**

**03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

**or email us on**
**info@myharbour.org.uk**

**or text 'Harbour', with your message to: 60777**

**www.myharbour.org.uk**

registered charity number: 1086897

**This leaflet is available in other languages and formats, call 03000 20 25 25 to request this.**

FV/12/2015

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# are you a woman afraid

## of someone you live with or someone you know?

**we can help just call**

**03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

harbour
working for safer communities

## If you are being emotionally abused, threatened, physically or sexually assaulted by a partner, a former partner, or a family member, there is help available.

It doesn't have to be physical abuse; it can be emotional and verbal abuse or financial control.

The health and well-being of you and your children can be seriously affected by living in households where there is any form of abuse.

## How can we help?

**There are different types of help available:**

### Community Services

If you do not want to leave your home, we can support you in the community, providing practical and emotional support as you decide about your future. We offer 1 to 1 sessions, group programmes and informal drop-in sessions. Support can cover issues such as personal safety, legal and housing matters and we can put you in touch with other organisations that can also assist.

### Refuges

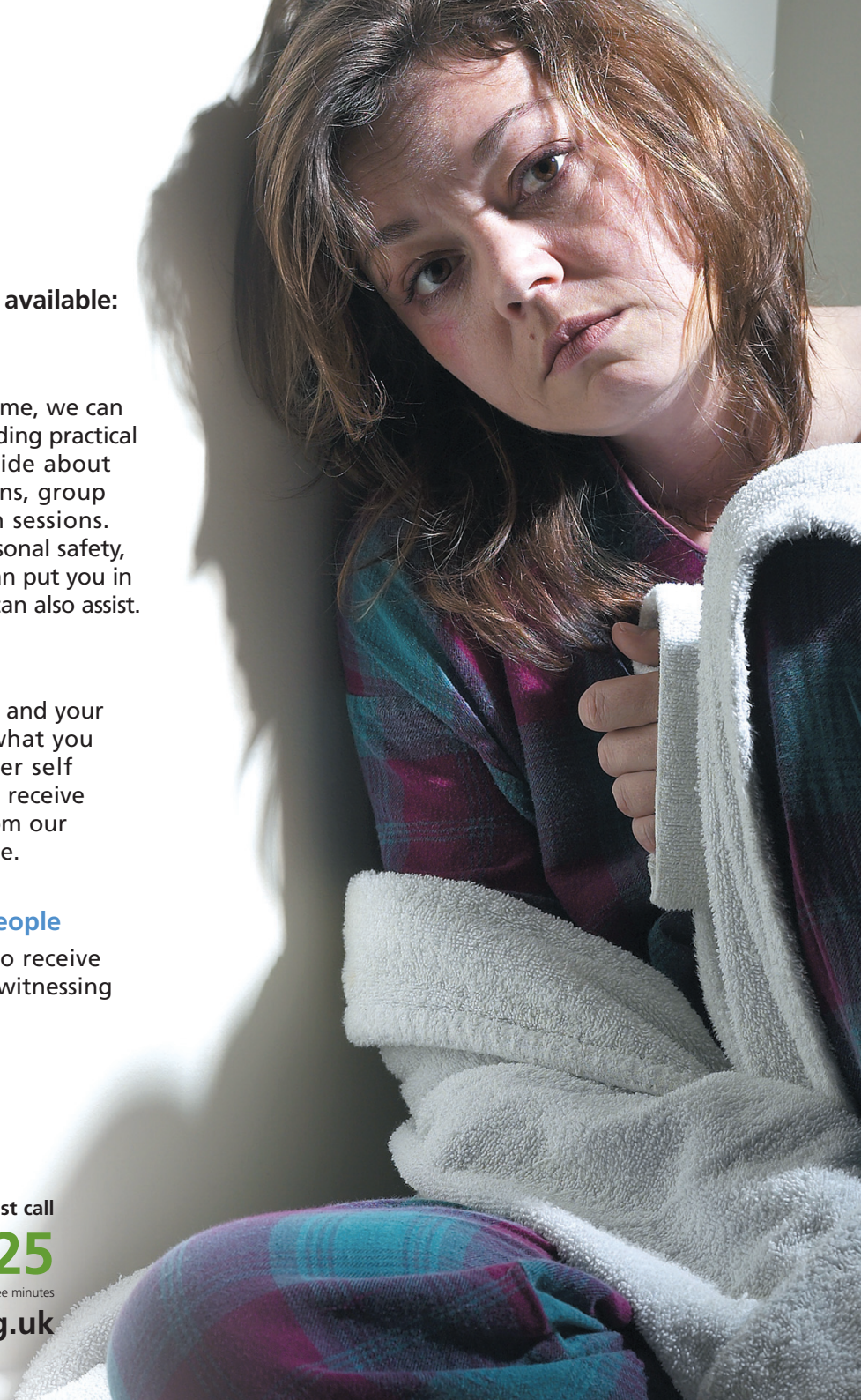
We can provide a safe place for you and your children to live while you decide what you want to do next. Our refuges offer self contained flats or houses and you'll receive practical and emotional support from our staff whatever next steps you choose.

### Support for Children & Young People

We can arrange for your children to receive support to deal with the affects of witnessing or experiencing abuse.

**we can help just call**

✆ **03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

**www.myharbour.org.uk**