

**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.

are you a **man**
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

or email us on

info@myharbour.org.uk

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

www.myharbour.org.uk

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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.**

MV/13



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?

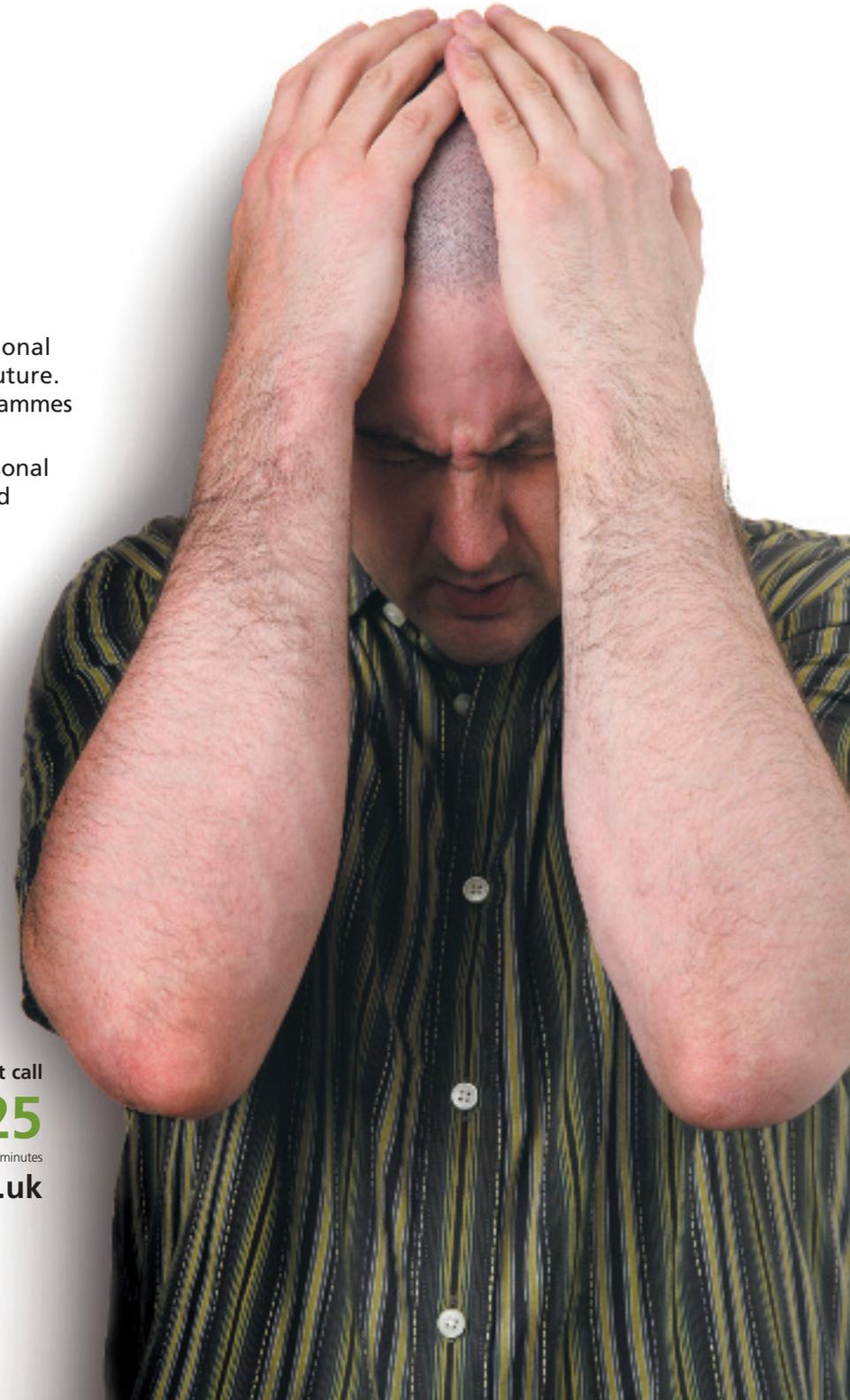
You

We can provide 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.

Your children

We can help your children to deal with the affects of witnessing or experiencing abuse through 1 to 1 and group support.



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