

are you afraid

of someone you live with or someone you know?

we can help

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

Refuges

We can provide a safe place for you and your children to live while you decide what you want to do next.

Community Services

We can support you in the community, providing practical and emotional support as you decide about your future.

Children's and Young People Service

We can help your children to deal with the effects of witnessing or experiencing abuse.

Men's Service

A specialist team works with perpetrators of abuse who commit to addressing and changing their behaviour.



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