

# 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.

### Outreach:

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

### Children's Outreach:

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

### Men's Programme:

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



for more information call:

 **0845 602 7308**

Local rate call

[www.myharbour.org.uk](http://www.myharbour.org.uk)