

**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.**

**Where do we work?**

Our services are available across Hartlepool, Stockton, Middlesbrough, Easington and North Tyneside. If you live outside these areas, we can put you in touch with similar organisations in other areas.

**In an emergency**

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

we can help just call:

 **0845 602 7308**

Local rate call

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

E [info@myharbour.org.uk](mailto:info@myharbour.org.uk)

registered charity number: 1086897

**This leaflet is available in other languages and  
formats, call 0845 602 7308 to request this.**

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are you a woman  
**afraid**  
of someone you live with  
or someone you know?

**we can help** just call:

 **0845 602 7308**

Local rate call



**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:

### Outreach

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. Most of the refuges offer self-contained flats and you'll receive practical and emotional support from our staff whatever next steps you choose.

### Children's Outreach

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

### Men's Programme

We can offer your partner help to understand why he behaves the way he does to you and your children. We can assist him to accept responsibility for his actions and stop the abuse.

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