

**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)

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.**

MV/10

are you a **man**  
**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?

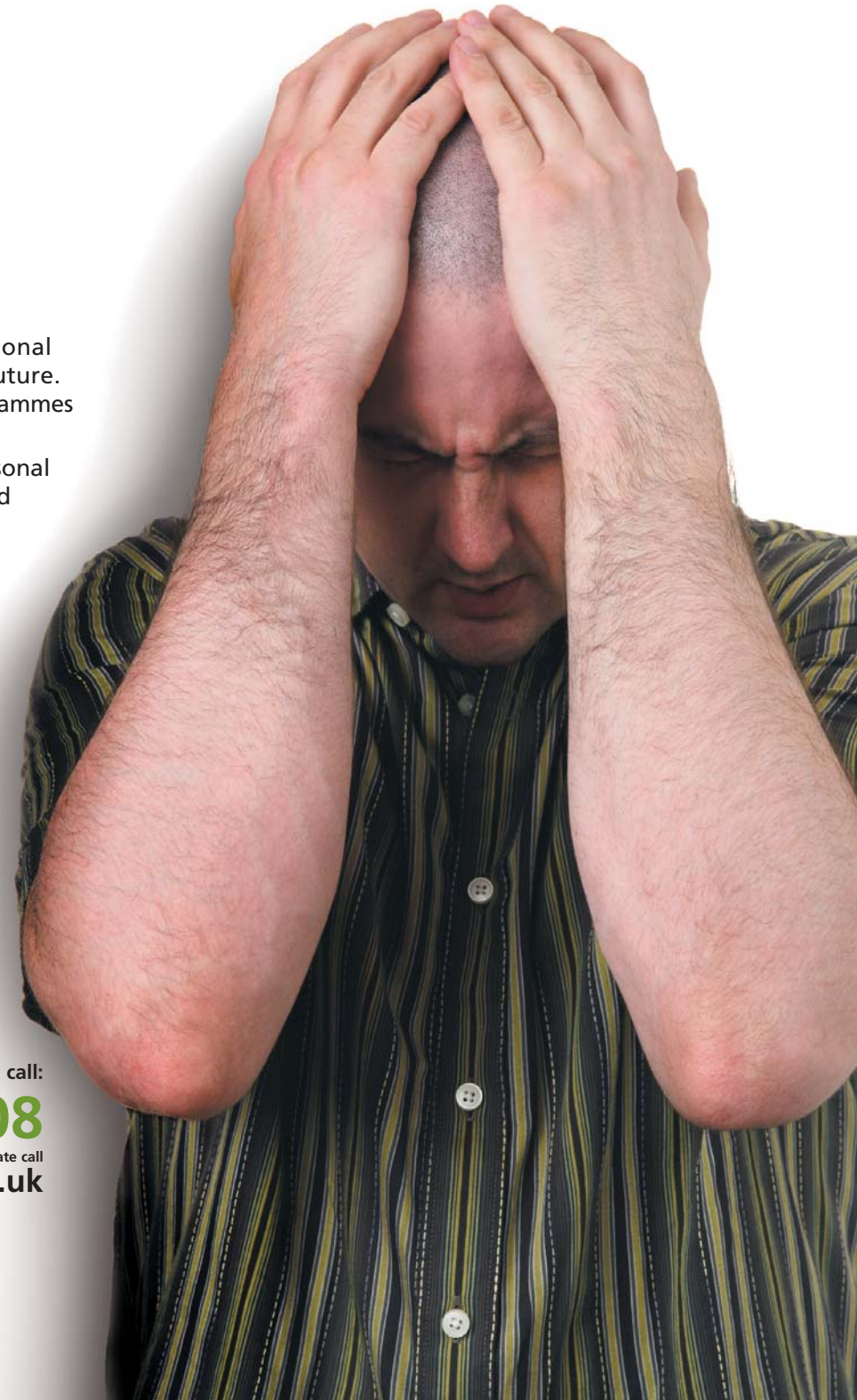
### You

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.



we can help just call:

 **0845 602 7308**

Local rate call

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