

# 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](mailto:info@myharbour.org.uk)

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

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