

**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.**

**In an emergency**

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

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

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)

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

registered charity number: 1086897

**This leaflet is available in other languages and  
formats, call 03000 20 25 25 to request this.**

MV/13



**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



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