

If you are planning to leave you may consider taking:

Benefit books

Money

Bank books and cards

Driving licence

Birth/Marriage certificates

National Insurance Number

Keys

Medicines

Passport

Child's favourite toy

Keep this leaflet behind your bank cards or photographs
in your purse or in your shoe

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ARE YOU A VICTIM
OF DOMESTIC
ABUSE?

Information
advice
support



ARE YOU AFFECTED BY PHYSICAL, EMOTIONAL, ECONOMIC OR SEXUAL ABUSE

If so, you are not alone and you are not to blame. Perhaps you don't want to make any changes. That is your choice and no-one can force you to leave or end a relationship. Perhaps you just want to talk to someone about options that may be available to you.

If you are a victim of Domestic Violence, don't suffer in silence – help is available. To access the Drop In Advice Service, please call: **01708 728 759**

Supporting women affected by domestic violence
Havering Women's Aid
Tel: **01708 728759**

Working with victims of crime
Havering Victim Support
Tel: **01708 451000**

Havering Police Community Safety Unit
Tel: **01708 779412**

If you decide to leave then the following national helplines can also advise you about places where you can go and live safely

National Domestic
Violence Helpline
Tel: **0808 2000 247**
Freephone 24hr

Shelter
Tel: **0808 800 4444**
Freephone 24hr

M.A.L.E helpline service for men
experiencing Domestic Violence
Tel: **0845 064 6800**

In an emergency call 999

