

# DOMESTIC VIOLENCE IS A CRIME

**Don't suffer in silence - you are not alone**

People are abused on average 35 times before seeking help.

Domestic Violence can take a number of forms such as physical assault, sexual abuse, financial abuse and emotional abuse. It includes behaviours such as intimidation, humiliation, systematic criticism, belittling and stalking and occurs between people who are or have been in a close relationship.

If you are a victim of domestic violence, or a concerned friend or relative, you can speak with someone in confidence for advice and support

Women's Aid Harlow and Broxbourne	01279 83 66 11
National Domestic Violence Helpline	0808 200 02 47
Victim Support	0845 456 59 95
M.A.L.E (men's advice line and enquiries)	0808 801 03 27
Broken Rainbow (same sex abuse support)	0845 260 44 60
Counselling & Life Management Centre	01279 411330
Childline	0800 1111
Harlow Police Non-emergency	0300 333 44 44
<b>In an emergency call the police on</b>	<b>999</b>

**Want to stop your abusive behaviour?**

Helpline for domestic violence perpetrators: 0845 122 86 09

Open Monday, Tuesday, Wednesday and Friday 10.00am - 1.00pm and 2.00pm - 5.00pm

