



harrow

working for safer communities

What is Domestic Abuse?

- ▶ Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- ▶ Psychological and/or emotional abuse
- ▶ Physical abuse
- ▶ Sexual abuse
- ▶ Financial abuse
- ▶ Harassment
- ▶ Stalking
- ▶ Online or digital abuse

Who can be affected?

- ▶ Any person of any age, race, sexuality & gender
- ▶ Domestic abuse can occur within any relationship not just intimate relationships



are you a woman
afraid
of someone you live with
or someone you know?



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



are you
worried
your children have been
affected by what they
have witnessed at home?

How we can help:

- ▶ Support for people who need emergency **Refuge Accommodation**
- ▶ Dispersed Properties
- ▶ **Adult Support Service** for people who wish to remain in the relationship or do not wish to enter a refuge
- ▶ Practical & Emotional Support
- ▶ **Preventions Service** - Help for people wanting to stop using violence or abuse
- ▶ **Group Support** - Empowerment Programmes including Freedom Programme and You and Me, Mum
- ▶ **Children & Young People's Service**
- ▶ Court Support
- ▶ **Counselling Service**
- ▶ **Recovery Service**

Contact us:

- ▶ www.myharbour.org.uk
- ▶ Info@myharbour.org.uk
- ▶ 03000 202525



@HarbourSupportServices