

# The support we offer is

**Free.**

**Confidential.**

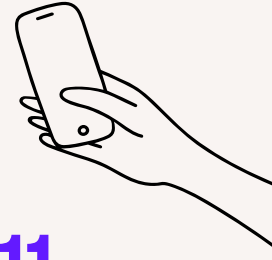
**Tailored to your needs and circumstances.**

We provide practical advice, emotional support, and advocacy, helping people regain control, confidence, and independence.



Charity Number: 1018832

# Don't suffer in silence



Call our helpline

**03301 025 811**

Always call 999 in an emergency

Email us at

**[Info@saferplaces.co.uk](mailto:Info@saferplaces.co.uk)**

Live chat on our website

**[www.saferplaces.co.uk](http://www.saferplaces.co.uk)**



Or scan the QR code to visit our website

Follow our socials



# Safer Places

Supporting adult & child survivors of domestic abuse across Essex & Hertfordshire for over 50 years.

**Everyone deserves a life free from fear and abuse**



# Who do we support?

Anyone, regardless of gender identity, sexuality, age, race, ethnicity, religion or disability.

Abuse can be perpetrated by a current or previous intimate partner, or family member.



## Recognise the signs...

### Physical Abuse

Intentional bodily harm which includes hitting, restraining or throwing objects.

### Emotional Abuse

Includes name-calling, threats, manipulation, blaming you for the abuse or 'gas-lighting' you.

### Financial / Economic Abuse

Controlling your access to money or resources, such as taking your wages, stopping you from working, or putting you in debt.

### Sexual Abuse

Any unwanted sexual behaviour. This can be physical, verbal or online, refusing to practice safe sex or restricting someone's access to birth control.

### Tech Abuse

When someone monitors, threatens, controls, or impersonates another person using technology. This can include tracking apps and social media.

### Coercive Control

When someone uses behaviour to dominate and control you by isolating you, controlling your choices, and taking away your freedom.

### Threats

Threats can be when someone uses fear to control you - by saying they'll hurt you, themselves, your children, or someone you care about.

### Stalking

Stalking can be when someone continues to watch, contact, or track you after separation - leaving you feeling scared, unsafe, or controlled.