

The support we offer is

Free.

Confidential.

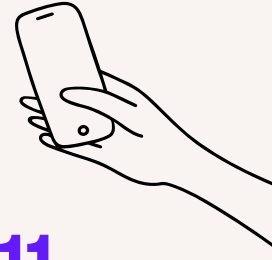
Tailored to your needs and circumstances.

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

Live chat on our website

www.saferplaces.co.uk



Or scan the QR code to visit our website

Follow our socials



Safer Places

Domestic abuse support for young people

Are your relationships healthy?



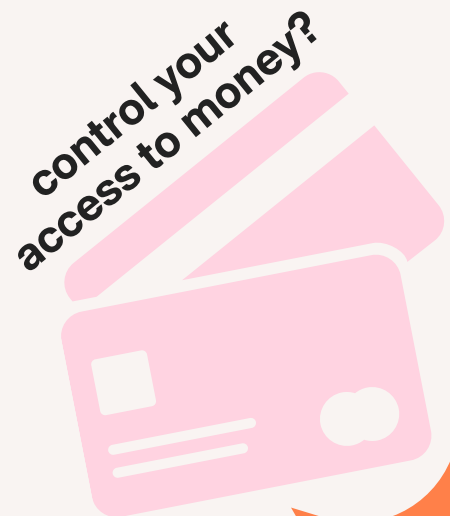
Who do we support?

We have over 50 years of experience supporting anyone affected by domestic abuse across Essex and Hertfordshire. Regardless of gender identity, sexuality, age, race, ethnicity, religion or disability.



Recognise the signs...

Does your current or previous intimate partner, or family member...



Specialist Services:



The Mix:
Text 'THEMIX' to 85258
www.youngminds.org.uk



NSPCC:
0808 800 5000
www.nspcc.org.uk