

## We can support you by offering:

## **Emotional support:**

- About past or current abuse and any fears you may have about future abuse.
- If you have separated from your abusive partner but feel confused, alone, lacking in confidence or scared.
- We can help you with safety planning if you are thinking of leaving your relationship or if you are worried for your safety due to the relationship & your community.
- We can support you & be your advocate when speaking to other professionals such as social services, the job centre, GP's and any other agencies that might be involved.
- We can offer you free counselling sessions for up to 12 weeks.

## Court support:

- We can attend court relating to Domestic abuse with you, we would be there as an advocate and to offer you extra emotional support.
- We can support you with reading through documents relating to your situation due to domestic abuse.

## Multilingual:

• Our workers are able to speak multiple languages such as Urdu, Punjabi, Mirpuri, Pahari and Pothwari.

We can assure you that you will receive **specialist advice and support** which has your **safety** in mind.

