

# Are you in an abusive relationship?

## We can help you

- Phone: 0800 4700 280
- Text: 07407 895620
- email: enquiries.southglos@nextlinkhousing.co.uk

**South Glos**

## Are you living in an abusive relationship?

### It's not just you.

Many people experience abuse within a relationship. It happens in all communities, in all neighbourhoods, on every street.

### You do not have to put up with it.

We can meet with you in a safe place in your community and talk to you about your situation in confidence.

We can help you think through what your choices are to become safe. If you need space and time to think we will support you while you decide what you want to do.

## We are here to help you

Don't suffer in silence,  
we can help you.

### How can you contact us?

A Next Link Plus worker will offer you immediate help with your situation.

**Phone: 0800 4700 280**

**Text: 07407 895620**

email: enquiries.southglos@nextlinkhousing.co.uk

## We can help you

- If you are at risk of harm from a partner, ex-partner or family member
- If you want to remain at home safely and remove your abusive partner
- If you want to stay at home but are not ready to leave your abusive partner
- If you feel unsafe at home and need to go into a safe house
- If you are not sure what you want to do and want to talk to someone about your situation

## What we can offer

- Someone to talk things over with
- Forming a safety plan
- Making your home safe
- Help you to go to court and get legal protection
- Support with housing
- Help with accessing benefits and budgeting
- Support for your children
- Help with accessing training or employment support
- Help with counselling
- Help to feel safe and rebuild your life
- We can also support you if you wish to use the criminal justice process to prosecute the abuser

## We can offer you additional specialist support

- If you are a young person
- If you are black or from a minority ethnic community
- If you are a male victim
- If you are from the LGBTQ+ community
- If you have a Learning Disability
- If you need substance misuse support
- If you are at risk from 'Honour' based abuse or forced marriage
- If you need support with your mental health
- If you are deaf or have hearing issues

SCAN THIS  
CODE FOR  
OUR WEBSITE



## How to contact us

**If you are worried about domestic abuse and want help or further information** – please contact us.

Call now to protect yourself or anyone you know.

**Phone: 0800 4700 280**

**Text: 07407 895620**

email: enquiries.southglos@nextlinkhousing.co.uk

Or chat live online to one of our support workers at [www.nextlinkhousing.co.uk/southglos](http://www.nextlinkhousing.co.uk/southglos) click on "live chat NOW" (Mon-Fri 10am-4pm)

[www.nextlinkhousing.co.uk/southglos](http://www.nextlinkhousing.co.uk/southglos)

X: @NextLinkHousing  
Instagram: @nextlinksupport  
[www.facebook.com/nextlinkhousing](https://www.facebook.com/nextlinkhousing)

**If you need help immediately** – contact the police. They will help you.