

Are you afraid of your partner, ex partner or family member?

Do they try and control what you do, put you down or hurt you?

We can help you

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

South Glos

It's not just you

Domestic abuse happens in all communities and cultures. Everyone has the right to feel safe. You are not alone and it is not your fault.

What is Domestic Abuse

Domestic abuse is any controlling, coercive, threatening, degrading or violent behavior by a partner, ex partner or family member.

You do not have to live with it. We can help you.

Domestic abuse can include

- **Isolation** stopping you from seeing your friends or accessing support
- **Control** telling you who to see, where to go, what to wear or how to behave
- **Emotional** putting you down, insulting, humiliating or threatening you
- **Physical** such as pushing, hitting, kicking or strangling you
- **Sexual** having to be sexual when you don't want to
- **Economic** controlling your money, income or stopping you from having essential items

We can offer you additional specialist support

- If you are a young person
- If you have substance misuse needs
- If you have mental health needs
- If you are black or from a minority ethnic community
- If you are from the LGBTQ+ community
- If you are an older person
- If you have a Learning Disability
- If you are deaf or have hearing issues
- If you are at risk from 'Honour' Based Violence or forced marriage
- If you are a male victim
- If you have children

We can help you

To speak to a Next Link worker who can offer you immediate help with your situation

Phone: 0800 4700 280

Text: 07407 895620

email:
enquiries.southglos@nextlinkhousing.co.uk

If you contact us, we can offer

- A safe place to talk about your situation
- Confidential advice so you can decide what happens next
- Help to make your home safer
- Help to go to court and get legal protection
- Help to go into safer accommodation
- Counselling for you
- Counselling and support for your children
- Support to recover and rebuild your life

SCAN THIS
CODE FOR
OUR WEBSITE



How to contact us

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 click on "live chat NOW" (Mon-Fri 10am-4pm)

www.nextlinkhousing.co.uk/southglos

X: @NextLinkHousing
Instagram: @nextlinksupport
www.facebook.com/nextlinkhousing

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