

useful numbers

National Domestic Violence Helpline

0808 2000 247 • www.nationaldomesticviolencehelpline.org.uk
information and advice

National Centre for Domestic Violence

0800 970 2070 • www.ncdv.org.uk
free and fast injunction service

Rights of Women

020 7251 6577 • www.rightsofwomen.org.uk
free legal advice

London LGBT Abuse Partnership

020 7704 2040 • www.gallop.org.uk/domesticabuse
advice and therapeutic services

Shelter

0808 800 4444 • www.shelter.org.uk
advice for people with housing needs

Samaritans

116 123 • www.samaritans.org • jo@samaritans.org
24/7 emotional support

Victim Support Helpline

0808 1689 111 • www.victimsupport.org.uk
emotional support for those affected by crime

Support Line

01708 765 200 • www.supportline.org.uk
emotional support for adults, young adults and children

Men's Advice Line

0808 801 0327 • www.mensadvice.org.uk
helpline for men affected by domestic violence

woman's Trust

recovery from domestic abuse

**free confidential counselling
and therapeutic services**
for women affected by domestic abuse



in an emergency always dial 999

what is domestic abuse?

Sometimes those close to you can make you feel afraid or depressed. They could be a partner, ex-partner or someone else you know, an adult child or wider family members

they may:

- hurt or threaten you
- humiliate you
- control your actions or money
- follow or visit you without permission
- force you to have sex
- purposely damage your belongings
- use their culture or personal problems as an excuse for their behaviour

their behaviour can make you feel:

- lonely and isolated
- confused
- that you can't tell anyone
- depressed or suicidal
- ashamed and guilty
- trapped
- worthless, or lacking in confidence
- worried for yourself and your children

This is domestic abuse. It is not your fault. You are not alone.

what does woman's trust do?

We provide free therapeutic services to women in Greater London.*

counselling

One-to-one counselling helping you to explore, understand, and move on. Up to 18 sessions at times suitable to you. Available in some community languages.

support groups

Weekly therapeutic sessions of up to 10 women. Learn from and with other women as you help each other build self-esteem and confidence.

workshops

Day workshops helping you to understand domestic abuse - what it is, how it can impact children, your responses and coping mechanisms. Art workshops for mothers & children

*some of our services might be at times restricted to specific areas depending on funding



"I have started to regain things I thought were gone forever - confidence, independence, resilience, relationships with my loved ones, MY SMILE! I am finally seeing the old me again!"

is it right for me?

our services are provided for women by women

free and confidential

non-judgemental and put the individual first

open to all women*

free childcare for under 5's is sometimes available

build confidence and self-esteem

how to contact us

Women can access our services through self-referral or agency-referral

020 87034 0303
office@womanstrust.org.uk

www.womanstrust.org.uk

Woman's Trust, PO Box 70420, London, NW1W 7QL

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