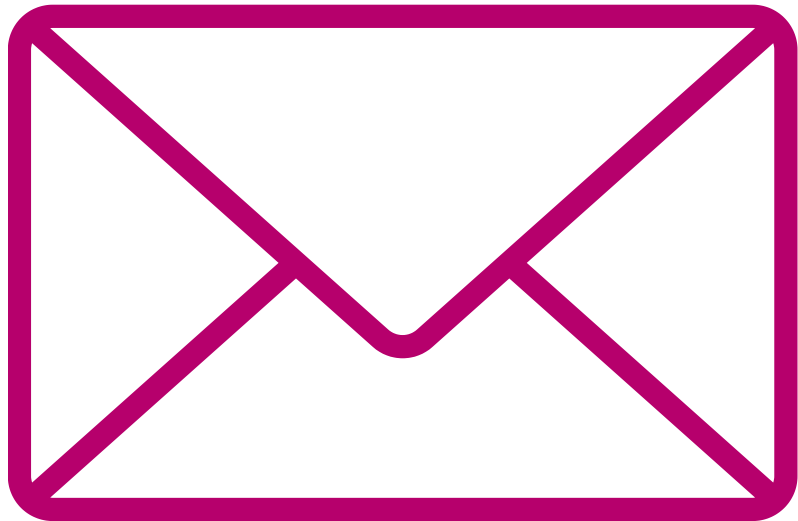


If you're experiencing abuse, we're here to **help**



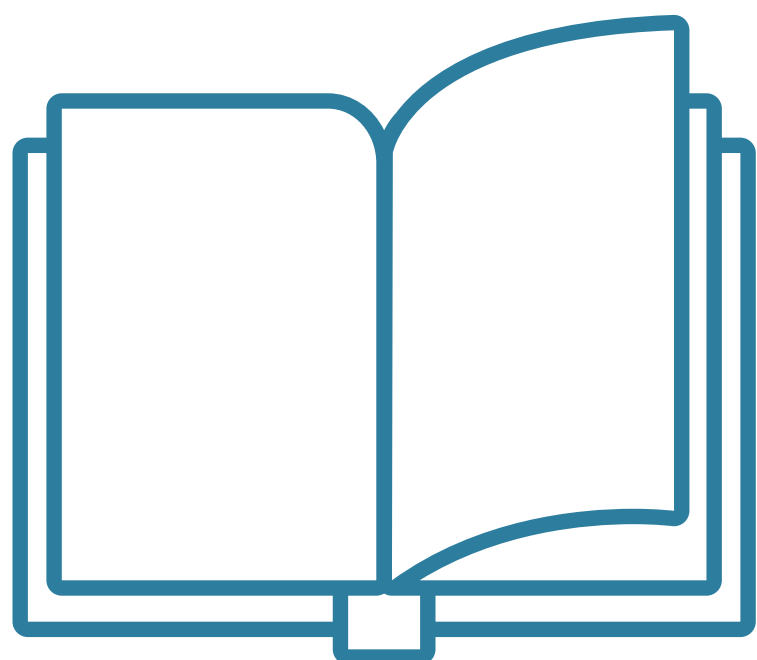
email

Send an email to one of our **support workers**. We will reply within 5 working days.



**Women's Aid
Directory**

Find the **right local support**, when you need it most.



**survivor's
handbook**

Get help on **housing, safety planning**, dealing with police and more.



forum

Speak to other women in our **supportive community** of survivors.

For more information visit
www.womensaid.org.uk

Women's Aid is a registered charity in England No. 1054154

women's aid
until women & children are safe