



### **WOMEN'S AID REFUGE ACCOMMODATION**

Women's Aid can give you and your children a safe place to stay, confidential information and advice at any time of the day or night.

A refuge is a safe house for women and children fleeing domestic abuse.

01279 836611

### **WOMEN'S AID FLOATING SUPPORT STAY-SAFE PROJECT**

Provides support to women living with domestic abuse to live safely in their homes.

Offers counselling support and assistance.

**Open 9 am – 5.30 pm**

01279 3066606

### **VICTIM SUPPORT**

Victim Support is an organisation set up to offer emotional support and practical advice to victims of crime and other traumatic events including domestic violence.

The service offers:

- free and confidential service
- trained volunteers who LISTEN to you, in a safe place, without making judgements
- practical advice about the steps you may wish to take
- support by accompanying you to court, if necessary.

0845 45 65 995

### **ESSEX POLICE HARLOW DIVISION DOMESTIC VIOLENCE UNIT (Covers Harlow, Epping Forest and Brentwood sections)**

Essex Police will deal promptly and positively with any domestic violence they are called to attend.

There is a dedicated Domestic Violence Unit which can provide specialist advice.

Officers can take action that will protect you from further abuse.

**In an emergency always dial 999.**

### **HARLOW COUNCIL HOUSING NEEDS TEAM**

If you are experiencing difficulties with Housing due to Domestic Violence our Housing Options and Homeless Officers within the Housing Needs Team are available to discuss your Housing Options.

**Open Monday - Friday  
9:00 am - 12:00 pm**

01279 625493

01279 446655

## ESSEX COUNTY COUNCIL CHILDREN'S SERVICES

If your children are living in an abusive situation they are considered to be children in need.

Children's Services will support families and ensure children are safe from harm.

0845 6037627  
Out of Hours: 0845 6061212

## EPPING FOREST DISTRICT COUNCIL HOUSING NEEDS TEAM

If you are escaping domestic abuse, staff in the Housing Needs Section will help respond to your needs quickly. They are there to talk to you about your housing needs.

### Open:

Monday – Thursday 9:00 am – 5:00 pm  
Friday 9:00 am – 4.45 pm

01992 564027  
Out of Hours: 01992 564168

## EMERGENCY CONTACTS

Essex Police

**Dial 999**

Women's Aid Refuge Accommodation

**01279 836611 (24 Hours)**

Victim Support

(Monday-Friday 9:00 am – 5:00 pm)

**0845 456 5995**

**CRISIS PLANNING** Admitting to yourself and other that you are experiencing domestic abuse may seem very difficult BUT it is an important step in the journey towards seeking protection.

***It is not your fault. You are not alone. You have the right to live your life free from fear.***

Making a crisis plan is a way of feeling more in control, more positive and confident. Contact Victim Support or Women's Aid for help.

## IF YOU HAVE CHILDREN

The abuse inflicted on you affects them too.

They may be:

- withdrawn
- seeking attention
- angry
- bedwetting / nightmares
- comfort eating
- stealing
- reluctant to attend or have problems at school

## YOUR HEALTH MATTERS

An abusive relationship will affect you both physically and emotionally.

You may feel:

- tired
- alone
- depressed
- ashamed
- unable to cope
- overwhelmed
- you need someone to talk to

**Domestic violence** includes any form of physical, sexual or emotional abuse between people in a close relationship. It can take a number of forms such as physical assault, sexual abuse, rape, threats and intimidation. Intimidation can be degradation, mental and verbal abuse, humiliation, devaluation, systematic criticism and belittling, **IS THIS FAMILIAR TO YOU?**