

# Safe House for women with extra support needs

## We are here to help you

Are you in a violent relationship?

Has it led to you having problems with drink or drug abuse or mental health issues?

We can help you in our specialist safe house. We can keep you safe and support you to get treatment.

Many women like you have escaped from violent relationships and accessed the treatment they needed to build new positive lives for themselves.

You can do it too. Don't suffer in silence, we can help you.

Next Link can provide a safe house, support and advice to help you build a better future.

Next Link strives to create a culture that encourages and values everyone's differences and promotes mutual respect and shared understanding.

Supported by  
Bristol City Council



## What we offer

- Help with being and staying safe
- Women only housing
- Practical and emotional support
- Support to stabilise your lifestyle
- Help to engage with treatment and/or mental health services
- Learning self-management techniques and coping strategies
- Support to secure appropriate move on
- Help with accessing other support services
- Help with any offending issues
- Building social networks and positive relationships
- Life skills and training
- Managing your money and debts
- Support in dealing with trauma
- Support from other women
- A say in how things are run

## What will my support look like?

Staff will help you develop a flexible support plan which includes:

- One to one support
- Peer support
- Group activities
- Training and practical skills sessions
- Confidential counselling service
- Self-Harm support service
- SAFE Link sexual violence services

## What is it like in a safe house?

- The house has a secret location
- The house is clean and well equipped
- You have a key to your own room and the front door
- You cook your own food
- You have your own privacy
- There will be other women in similar circumstances to whom you can talk



## How to contact us

**If you have experienced Domestic Abuse and have extra support needs** – please contact us.

Phone 0117 925 0680

email: [enquiries@nextlinkhousing.co.uk](mailto:enquiries@nextlinkhousing.co.uk)

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

Twitter: @NextLinkHousing

[www.facebook.com/nextlinkhousing](http://www.facebook.com/nextlinkhousing)

**If you need help immediately** – contact the police. They will help you find a safe house.

