

Next Link is the lead provider of the Next Link Plus partnership which includes the following organisations:



SCAN THIS CODE FOR OUR WEBSITE

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?

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.

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@nextlinkhousing.co.uk

Or chat live online to one of our support workers at www.nextlinkhousing.co.uk click on "live chat NOW" (Mon-Fri 10am-4pm)

If you need help immediately – contact the police on 999 and they will 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.

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

We can help you

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Call now to protect yourself or anyone you know.

Or **CHAT LIVE ONLINE** to one of our support workers at www.nextlinkhousing.co.uk click on "live chat NOW" (Mon to Fri 10am - 4pm)

www.nextlinkhousing.co.uk

Twitter: @NextLinkHousing

www.facebook.com/nextlinkhousing

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

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

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



Please contact us if you need this leaflet in other languages and large type.