

# Take the first step

**There is never an excuse for domestic abuse and it is never your fault**

If you are a man or a woman who is being

**Hurt • Threatened • Controlled**

You can get help

**In an emergency, ring 999**

For confidential advice or to talk, contact:

**National Domestic Violence Helpline** (for women)

**Tel 0808 2000 247** (open 24 hours a day)

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

**ManKind** (for men)

**Tel 01823 334 244**

[www.mankind.org.uk](http://www.mankind.org.uk)

or

**Safer Places, Harlow** (for men and women)

**Tel 0845 0177 668** (open 24 hours a day)

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

If you are a young person affected by domestic abuse, contact ChildLine.

Tel 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

You can also get advice from these organisations if someone you know is being abused.

Harlow Council and our partners are working to help raise awareness of domestic abuse and protect our residents.