

colchester  
& tendring



women's refuge

## ARE YOU IN AN ABUSIVE RELATIONSHIP OR BEING ABUSED BY A FAMILY MEMBER?

If you **think** you are experiencing domestic abuse, then you probably **are**.

### How can we help?

- Emotional support, counselling and specialist programmes
- Drop-ins and one-to-one support
- Practical support, advice and signposting
- Safety planning
- Support within the community
- Safe accommodation if you need to leave your home
- Free legal advice
- Opportunities for training, employment support and volunteering

Call us from Monday to Friday between 8am and 8pm  
on **01206 500 585** (option 4) or **07484 081 801**  
Outside these hours call **03301 025 811**

Colchester & Tendring Women's Refuge  
offers a range of services for adults and children  
who are experiencing domestic abuse

[www.colchester-refuge.org.uk](http://www.colchester-refuge.org.uk) • [info@colchester-refuge.org.uk](mailto:info@colchester-refuge.org.uk)



LOTTERY FUNDED