

## What we offer:

**We offer support in a wide variety of ways to women, children and men experiencing domestic abuse.**

- Refuge Accommodation
- Outreach and Resettlement Service
- Young People and Children's Service
- Independent Domestic Violence Adviser Service
- One-to-one services
- Group work for young people and children
- Women only group work
- Group work for families
- Holiday activities
- Specially provided workshops
- FGM & Harmful Cultural Practices Community Work/Development
- Domestic abuse preventative work and awareness raising
- Training services

**We will support you to use the strengths you have.**

We will facilitate women to support other women.

**If you feel that you are being abused, you may want to take time to consider your options.**

Most people like to talk to someone supportive whilst they consider what, if anything, they want to do.

**To speak confidentially to a worker please call us**

*Remember.... We all have the right to live without fear of violence and abuse!*

You are not responsible for the abuse.

**Your partner does not have to abuse you.**

Most abusers try to blame their partners for their own behaviour.

Domestic abuse is not always about physical abuse. It may be **verbal abuse, sexual abuse, emotional abuse and psychological abuse and/or coercive control.**

Some partners control women, children and men by not letting them see friends and family, or by not letting them have enough money for essential things. Some partners may make you feel useless. Some partners are threatening but never use physical violence. **Any form of abuse can leave you fearful, scared, hurt and feeling trapped.**

## Do you know....?

- You are entitled to **emergency accommodation** if you are fleeing domestic abuse.
- You may be entitled to **benefits** to pay for your **accommodation** and to support you and your children.
- You can go to a refuge.
- You are already trying to find ways to keep safe in a crisis.
- **We can help you** think about improving your safety.

If you are thinking of leaving and want to find out more about the safe options available, please call us.

## Who can go to a refuge?

**Any woman who needs to escape** from domestic abuse or violence can go into a refuge at any time. It does not matter whether or not you are married to or living with your abuser, or whether or not you have children. **There are also refuges for men.**

## Will there be room for my children?

Of course. We will be able to help you find a local school and we have lots of toys and activities for children of all ages.

## I don't come from this country....

Wherever you were born and whatever your religion or cultural background, you and your children will be welcome.

## Will they be able to find me?

Refuges are safe houses. The address is only given to people who need to know. We can arrange for you to be relocated to another area for your safety if you want.

## What shall I bring with me?

If you are in immediate danger don't worry about taking anything, just leave. If it is possible, then bring with you a key to your home, some money, benefit books, birth and marriage certificates and the bare essentials of clothing and toiletries and medication for you and your children.

## I don't want to leave my home.... ....can you still help me?

Yes, we can give you totally confidential support and relevant information wherever you are staying. We offer a range of support services including one-to-one support and group work for women, children and men.

We're here to help you....



....You're in Safe Hands

### Useful Agencies

- Police**  
101
- Hampshire Social Services**  
0300 555 1384
- Portsmouth Social Services**  
023 9268 0810
- National Domestic Violence Helpline**  
0808 2000 247
- Men's Advice Line**  
0808 801 0327
- Galop**  
0800 999 5428
- Victim Support**  
08 08 16 89 111



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### Contact Us On:

- 0330 016 5112
- Portsmouth** 023 9206 5494
- East Hampshire** 01420 590109
- Fareham & Gosport** 01329 285375
- Havant** 023 9248 0246
- Text** 07708 111897

- Portsmouth City Council**  
023 9282 2251
- East Hampshire District Council**  
01730 266551
- Fareham Borough Council**  
01329 236100
- Gosport Borough Council**  
023 9258 4242
- Havant Borough Council**  
023 9247 4174

### In an Emergency call 999

If your partner or someone you are living with is harming you or your children

We offer a confidential support service to **women, children, young people** and **men** experiencing domestic abuse.

### Are you living with domestic abuse?

Do you need support, advice, accommodation, outreach or resettlement?

www.southerndas.org  
Email: info@southerndas.org