

We are here to help you





Don't suffer in silence, we can help you.

A specialist rural domestic abuse worker can offer you help and support.

How can you contact us? Phone 0800 470 0280 email: ReachingOut@ nextlinkhousing.co.uk and ask to speak to a Reaching Out domestic abuse worker.

If you are worried about domestic abuse and want help or someone to talk to - please contact us.

**Phone 0800 470 0280** and ask to speak to the Reaching Out Domestic Abuse Worker. email: ReachingOut@nextlinkhousing.co.uk

Or chat live online to one of our support workers at www.nextlinkhousing.co.uk click on "live chat NOW" (Monday to Friday 1:00pm - 5:30pm)

www.nextlinkhousing.co.uk Twitter: @NextLinkHousing www.facebook.com/nextlinkhousing

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

and shared

understanding.

Next Link If you need this strives to leaflet in other create a culture languages or that encourages large type please and values contact us. evervone's differences and promotes mutual respect

> Link Mental Health Services. Missing Link is a Housing

Association with charitable status, registered under the Co-operative and Community Benefit Societies Act (2014).

Supported by: South Glos Council and North Somerset Council

**REACHING OUT** Domestic abuse support in rural areas We can help you



## Are you living in a rural area and experiencing domestic abuse?

We can help you.

You're not alone.

Many people experience violence within a relationship. It happens in all communities, in all neighbourhoods, on every street.

You do not have to put up with it.

We can help you



What we can offer



Who will support me?

- If you are at risk of harm from a partner, ex-partner or family member
- If you want to remain at home safely and remove your abusive partner
- If you want to stay at home but are not ready to leave your abusive partner
- If you feel unsafe at home and need to go into safe accommodation
- If you are not sure what you want to do and want to talk to someone about your situation

- A specialist Rural Domestic Abuse Worker to help and support you
- Someone to talk things over with
- Helping you with your and your families safety and creating a safety plan
- Supporting you to make your home safe
- Help you to go to court and get legal protection

- Support with housing and finances
- Support with parenting and help for your children
- Help with accessing Counselling
- Help to feel safe and rebuild your life
- We can also support you if you wish to report abuse to the police



A specialist rural domestic abuse support worker is specially trained to support victims and survivors of domestic abuse.

We can help you to be safe and live free from domestic violence and abuse.

We will listen to you and work with you to ensure that you choose the support and help you want going forward.