Are you worried about domestic or sexual abuse?

Our Advice Service provides free and confidential support for women and girls over the age of 16 affected by abuse.

For help call 0808 802 5565

solacewomensaid.org

solace

Free & confidential support for women affected by abuse.

We are here to support women living in Barking and Dagenham, Barnet, Bexley, Camden, Enfield, Hackney, Haringey, Havering, Islington, Newham, Redbridge, Royal Borough of Greenwich, Southwark, Tower Hamlets or Waltham Forest who have experienced any form of domestic or sexual abuse.

Abuse can include neglect, controlling behaviour, forced marriage, so-called 'honour' based violence or female genital mutilation.

If you are being abused, remember you are not alone. We can help you by providing advice and support with:

- Improving your safety
- Housing and homelessness
- Finances and welfare
- Benefits
- Access to legal services
- Parenting and children
  Emotional support (referral to specialist counselling)

As part of the Ascent partnership we work with partner agencies across London who can provide specialist one-to-one support in your local borough in various languages.

Our advice line is open:

Monday	10am-4pm
Tuesday	10am-4pm&6pm-8pm
Wednesday	10am-4pm
Thursday	10am-4pm
Friday	10am -4pm



0808 802 5565



advice@
solacewomensaid.org



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LONDON COUNCILS

If you are in immediate danger call the police on 999

Solace Women's Aid is a charity registered in England & Wales.
Charity Number 1082450. Company Number 3376716.

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