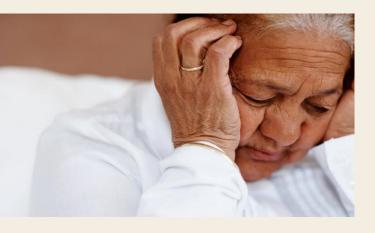
Domestic abuse is wrong

No one has the right to abuse you

You do not need to suffer in silence

There is help for you



Our supporters











We provide independent,
non-judgemental
emotional support,
practical advice and
accurate information to
empower women
to make informed choices
that are right for them.

If you think you might be being abused by a partner, ex-partner or other family member, we can help you.

Contact us at:
0208 373 6218/07483166493
info@enfieldsaheli.org
www.enfieldsaheli.org





Enfield Saheli

www.enfieldsaheli.org

Domestic Abuse Advocacy Service

07483166493

inf@enfieldsaheli.org



Domestic abuse can be:

Physical, verbal Emotional, psychological Financial, religious/spiritual

It can include behaviour that is:

Controlling, monitoring
Threatening, intimidating
Isolating, punishing, violent
Belittling, degrading

You are probably:
Feeling very scared and alone
Thinking no one will believe you
Unsure what to do



We can help 07483166493 info@enfieldsaheli.org

Enfield Saheli Domestic Abuse Advocacy Service

We offer
non-judgemental, emotional
support and practical guidance on:
What you can do to keep safe
Your options
Your housing, immigration, legal,
benefits and welfare situation

We offer
a free and confidential service
to help you work through the issues
that are important to you,
and help you get your life back
on track



We will listen to you

FREE counselling service

Our experienced qualified counsellors (BACUP) can help you deal with a range of the symptoms and effects of domestic abuse, including: depression, anxiety, PTSD, lack of self esteem, lack of trust, feelings of helplessness and shame, nighmares, flashbacks, panic attacks

We accept self-referrals and referrals from other local agencies within Enfield

info@enfieldsaheli.org

Enfield Saheli
Community House
311 Fore Steet N9 OPZ
Reg charity: 1129308 Company no: 6663604