



Domestic violence and abuse normally happens behind closed doors and it can be hard to ask for help.

It can happen in a relationship when the abuser is a partner, ex-partner, or a family member. It can leave you feeling alone, frightened and trapped.

If you feel afraid to speak out or like you have no other options, **know it's not too late.**

**Call our confidential advice service,  
Camden Safety Net on 020 7974 2526.**



# Physical violence and sexual abuse



- Is your partner or family member violent or aggressive towards you?
- Does your partner force you into sexual activity?

If someone is hurting you, or forcing you into unwanted sexual activity, you can talk to us confidentially.

## Ways we can help

We can find ways to keep you safe by improving the security of your home, or finding alternative safe housing options. It's your decision about what action you take.

Your safety is our priority.

**Call our confidential advice service,  
Camden Safety Net on 020 7974 2526.**

**KNOW**  
it's not too late.

# Emotional and psychological abuse



- Is someone making you feel scared or worthless?
- Does this leave you questioning your own judgement?

Controlling someone through fear, threats and name calling can be as damaging as physical or sexual abuse. The two often go hand in hand.

## Ways we can help

We can listen to your experiences confidentially. We can also help you rebuild your confidence and self-esteem.

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Camden Safety Net on 020 7974 2526.**

**KNOW**  
it's not too late.

# Social and isolation



- Are you being kept away from family or friends?
- Are you told who you can speak to and when?

Isolation is a key tactic used by abusers to keep victims from getting help. It can leave you feeling alone and trapped.

## Ways we can help

We can help you to reconnect with your family and friends. We can also put you in touch with community groups and help you to rebuild your support networks.

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# Financial abuse



- Is a partner or family member stopping you having access to your money?
- Is your partner or family member taking your money, or controlling what you can spend it on?

## Ways we can help

We can help you take practical steps to manage your finances, give you more control or stop someone from taking advantage of you.

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**KNOW**  
it's not too late.



**If someone controls you** psychologically, financially, emotionally, sexually or physically, **it is not ok. This is domestic abuse.**

**It can happen to anyone, of any age.** It's important to remember **this is not you or the victim's fault.**

**If you, or anyone you know,** is experiencing domestic violence and abuse we can help.

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