



BSWA

Birmingham & Solihull Women's Aid

We listen, We believe, We help

If you need help or advice with domestic abuse, forced marriage, child sexual abuse, sexual violence, female genital mutilation, gang association or young people's relationships please get in touch.

We can help!

Helpline

0808 800 0028

**Standing together to live free
from violence, abuse and fear.**

www.bswaid.org

Every year, our team of women-only workers support thousands of local women and their children to move forward positively from their experiences of violence and abuse.

One of our dedicated workers will support you to address the full range of issues that you may face, focusing on your safety, wellbeing and independence.

You are not alone. We are here to listen and help. We will never pressure you to take steps or make decisions you are not comfortable with.

We can support you to make sense of what has happened or is happening to you and your children by offering emotional support and a listening ear.

We can also help with any practical issues, including:

- Issues around your housing needs
- Making your own home more secure
- Taking out an injunction to protect yourself and your children
- Criminal and Civil Court proceedings
- Issues around Child Protection
- Managing debt or finance
- Accessing the support that you are entitled to.

Call our free confidential helpline **0808 800 0028** or visit one of our drop in centres for face to face support.

Call us for your local information and where your nearest drop in centre is. We provide support in a number of languages and we use Text Relay if you are deaf, hard of hearing or have a speech impairment.

To learn more visit us online at www.bswaid.org



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