

DOMESTIC ABUSE

WILL AFFECT 1 IN 4 WOMEN IN THEIR LIVES
IT DOESN'T HAVE TO BE PHYSICAL VIOLENCE
TO BE DOMESTIC ABUSE

*Are you living in fear of someone?
Is someone....*

**Verbally Abusive ★ Financially Controlling ★ Bullying
Unreasonable & Unpredictable
Disrespectful ★ Demeaning in Behaviour ★ Humiliating You**

*If any of the above are affecting you and you would like to get
some advice and support
Please contact*

**St Albans & Hertsmere Women's Refuge
Outreach on 01727-826431
Refuge on 01727-824425/01923855662**

Or email

outreach@sahwr.org.uk /info@sahwr.org.uk