



DOMESTIC ABUSE

### **When you need to talk...**

Abuse and trauma can be difficult to talk about.

We offer free counselling services for people and families affected by domestic abuse in safe and secure offices.

We have a Support Worker who could meet you in a place of your choice, talk about what we do, and offer you practical support to help your counselling.

If you are worried about contacting us, please use a way that works for you (e-mail, phone, text, Facebook).

CONTACT US:

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M: 07568 323363

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For more information, please see our website: [www.simplycounselling.org](http://www.simplycounselling.org)

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