

Scan if this feels familiar

Does someone control your money, phone, or social media?

Do you feel unsafe in your relationship?

Are you prevented from seeing friends or family?

Do you fear being separated from your children?

Has someone threatened your immigration or pre-settled status?

Are you afraid of what the community will say if you leave?

Have you been excluded or threatened because of your sexual orientation or gender identity?

Call for free and confidential support:

SOUTHALL BLACK SISTERS 020 8571 0800
KARMA NIRVANA 0800 5999 247

SCAN TO
LEARN MORE