



[www.myharbour.org.uk](http://www.myharbour.org.uk)

registered charity number: 1086897



**everyone** has the right  
to live  
**free from abuse**

**Free, confidential  
advice and support  
for individuals and  
families affected by  
domestic abuse**

Call us on  
**03000 20 25 25\***  
24 hours a day, 7 days a week

email: [info@myharbour.org.uk](mailto:info@myharbour.org.uk)  
text 'Harbour' with your message to 60777

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\*Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes