

we can help just call
03000 20 25 25

or email us on
info@myharbour.org.uk

or text 'Harbour', with your message to: 60777
www.myharbour.org.uk

registered charity number: 1086897

This leaflet is available in other languages and
formats, call 03000 20 25 25 to request this.

YP/13



**Don't
worry be :)**
call:
03000 20 25 25

**Do you
worry about
violence at
home or in
your own
relationship?**

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We can help:-v

If you have experienced or witnessed abuse and violence at home, we can help you to feel safer and give you time to talk about how you feel.

We can also help if you are concerned about abuse within your relationship.

Remember

No kind of abuse within a relationship is acceptable.

It is not your fault – you are not to blame.

You are not alone, there is help available.

How does it work?

We will discuss with you what you would like support with and agree what you want to achieve with our support. We will also meet with your parent or carer to get some information from them.

We can cover things like feelings, safety, healthy relationships, worries, bullying and dealing with anger.

We sometimes work individually with young people, sometimes in groups with young people of a similar age.

Sometimes we just talk; sometimes we use activities to look at different topics, like art or drama.

Is it confidential?



Whatever you discuss with us remains confidential unless we are concerned about the welfare of you or someone in your home because of something you have told us. If this is the case we will tell you before speaking to someone else about our concerns.

What if I am worried?

If you are ever really worried about your safety or that of someone else at home you can contact the Police on 999.

Please talk to an adult you trust about what is happening so they can help you to keep safe.

