



Are you afraid of your partner, or a member of your family? Does anyone try to control what you do?

Have you experienced sexual assault? Has something sexual happened that you didn't want or that made you feel uncomfortable?

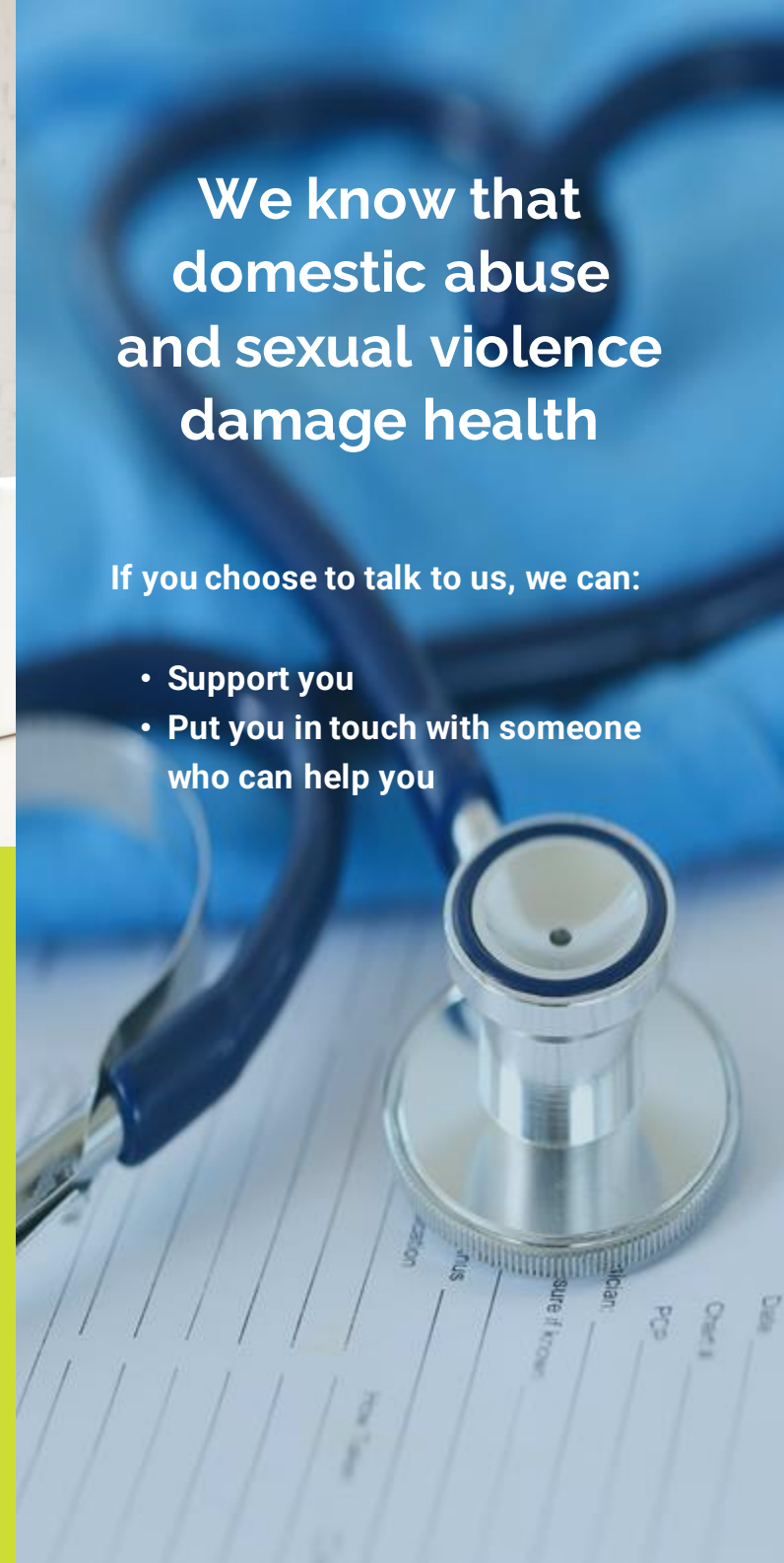


**Everyone has the right to feel safe.
It's not your fault.
We believe you.
We can help you.**

We know that domestic abuse and sexual violence damage health

If you choose to talk to us, we can:

- Support you
- Put you in touch with someone who can help you



What is sexual violence?

Sexual violence is any sexual act that you did not want or made you feel uncomfortable.

This can include, but is not limited to, rape, childhood sexual abuse, revenge porn, sexual touching, and sexual harassment.

What is domestic violence and abuse?

Physical

Including being hit, kicked or attacked.

Sexual

Having to be sexual when you don't want to.

Emotional

Being called names, put down, made to feel bad or threatened.

Financial

When someone takes or controls your money.

Isolation

When someone controls who you see and when you go out.

You can get help to:

- Talk about the things that have happened to you.
- Help you feel safe.
- Know your rights.
- Build your confidence.
- Plan a safe place to go.
- Recover from the effects of domestic abuse and sexual violence.

If you would like support from the ADViSE service you can speak to a member of the Unity staff or call Next Link on 0117 925 0680 and ask to speak to an ADViSE worker.

Useful Numbers

National Domestic Violence Helpline (Freephone, 24hr):
0808 2000 247

Men's Advice Line:
0808 801 0327

Respect:
0808 802 4040
(If you are concerned about your own or someone else's violent behaviour)

National Rape Crisis Helpline:
0808 802 9999 (Freephone)
12 noon - 2.30pm and 7 - 9.30pm

Survivors UK Helpline:
0203 598 3898
Monday – Friday
9:30am – 5pm

**In an emergency
ALWAYS call 999**