

Are you worried about domestic or sexual abuse?

Solace provides free and confidential support for women and men in Barnet affected by abuse.

For help call
020 3874 5003

solace in Barnet

solacewomensaid.org

Free & confidential support for women & men in Barnet.

Abuse can be physical, sexual, emotional or financial which takes place within an intimate or family relationship.

Abuse can include neglect, controlling behaviour, forced marriage, honour based violence or female genital mutilation.

If you are being abused, remember you are not alone.

We can help you by providing advice and support with:

- Improving your safety
- Housing and homelessness
- Finances and welfare benefits
- Access to legal services
- Parenting and children
- Emotional support including specialist counselling for all genders, group work, and children and you persons art therapy



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**barnet.advocacy@
solacewomensaid.org**



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**If you are in immediate
danger call the police
on 999**