

*Saheli is a Free and Confidential Domestic Abuse support service for Asian Women and Children*



*For information, advice & support for Asian women & children fleeing domestic abuse*

E-mail: [saheliltd@btconnect.com](mailto:saheliltd@btconnect.com)

Telephone: 0161-945 4187

Web: [www.saheli.org.uk](http://www.saheli.org.uk)



**DOMESTIC ABUSE IS A CRIME IN ANY COMMUNITY**

*Saheli*

For Advice and Information

**CALL**

**0161 945 4187**

**MON - FRI (10am - 4pm)**

## What is Domestic Abuse?

Domestic Abuse can happen to anyone in any relationship within a domestic setting. It can happen within family setting or can take place within extended family relationship. It also refers to abuse which continues from relationships once you have left the domestic setting.

Domestic abuse may take place in many different forms, it may be:

- sexual abuse
- physical abuse
- verbal abuse
- mental/emotional abuse
- financial abuse (withholding you from money)
- isolation; not allowed out to see friends or family
- controlling partner or family
- being insulted, depressed, degraded etc

Services offered by Saheli include:

- Information and Advice line
- Temporary Emergency Refuge Accommodation
- Children Services for women in the refuge
- Outreach Services

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