

# Are you worried about domestic or sexual abuse?

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

For help call  
020 8885 3557

 solace in Haringey

[solacewomensaid.org](https://solacewomensaid.org)

# Free & confidential support for women in Haringey.

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 referrals to specialist counselling, domestic abuse awareness workshops, and group work.



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**haringey.fs@  
solacewomensaid.org**



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

**solace**