

# Are you worried about domestic or sexual abuse?

The Solace Advocacy and Support Service is available to women and men aged 16 or over who live in Waltham Forest.

For help call  
07340 683382



**solace** in Waltham Forest

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



# Free & confidential support for women & men in Waltham Forest.

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



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**walthamforestIDSVAservice@  
solacewomensaid.org**



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

Solace Women's Aid is a charity registered in England & Wales. Charity Number 1082450. Company Number 3376716.

**solace**