



**We're here to support anyone
experiencing domestic abuse.**

We offer:

- someone who understands what you are going through
- free help and support for you and your family to stay safe
- access to vital services including refuges, immigration support, and legal advice

We can also provide support for children and young people affected by domestic abuse.

Telephone: **0800 145 6410**

E-mail: **Reachout@redbridge.gov.uk**

Website: **www.redbridge.gov.uk/reachout**

Operating hours: **Monday-Friday** (9am-5pm)

We also work with those who have hurt or frightened someone they care about and want to change their behaviour.