

# MEN EXPERIENCE DOMESTIC ABUSE IT CAN HAPPEN TO ANYONE

If you're worried about your safety or someone else's, you can talk to us. Solace Women's Aid provides free, confidential advice and support. You can also visit the local One Stop Shop for in-person help.

**Reach out. We're here to help.**

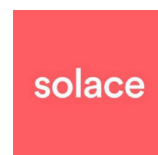
Bexley One Stop Shop  
Open every Wednesday, 12.30 pm to 3 pm  
Central Library, Bexleyheath  
Townley Road, DA6 7HJ



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



**Help line 020 3198 4659**



# ABUSE CAN BE SUBTLE – BUT IT’S STILL ABUSE IS SOMEONE YOU KNOW

- ✓ **Checking your phone?**
- ✓ **Monitoring where you go?**
- ✓ **Controlling you?**
- ✓ **Stopping you seeing friends & family?**
- ✓ **Restricting your movements?**

If these behaviours are part of your life, it isn't your fault.

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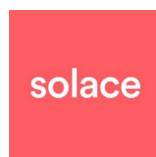
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# CHOKING IS NEVER OK

Strangulation (sometimes called choking) is one of the most dangerous forms of domestic abuse.

Even a few seconds of pressure can cause serious internal injury.

**YOU MAY NOT SEE BRUISES – BUT  
THE DAMAGE CAN STILL BE LIFE  
THREATENING.**

If this has happened to you — or you're worried about someone — support is available.

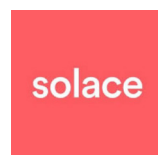
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# CHOKING IS NOT “JUST A MOMENT” – IT’S DANGEROUS

After being choked you may notice changes to your voice, breathing, vision, hearing or swallowing.

These symptoms can appear hours or even days later. You may not realise at first that they are linked to being choked.

**Choking is a form of control and intimidation.**  
If this has happened, your safety matters.

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