



- Offering **confidential, empathetic, non-judgmental** emotional and practical support over the phone to victims and survivors aged from 13 years living in the West Midlands
- Finding out information to **help you understand your rights** and make **informed choices and decisions**
- **Providing support** from staff who have **experience and expertise** to identify risks and help you to be safe
- Providing information about and **access to specialist counselling services**



If you are worried about yourself, or are concerned about someone you know being at risk of forced marriage or honour based abuse, the helpline is here to support you. You can call us 24 hours, day or night. If you would like to discuss your options, access immediate emergency refuge, or simply ask questions or tell us how you are feeling, we are here to listen.

WE LISTEN | WE BELIEVE | WE HELP | YOU ARE NOT ALONE

 **0800 953 9777** 24 HOUR **FREE** HELPLINE

