

If you...

- Feel as if you have to walk on eggshells to keep your partner from getting angry
- Are put down and called names
- Are constantly monitored about where you are going, who you are with and what you wear
- Are stopped from seeing friends and family
- Are not allowed control of your finances
- Are accused of flirting or having sexual relationships with others
- Live in fear of your partner's reactions
- Are forced to do things against your will

How to help a friend experiencing domestic abuse

Be understanding and believe them. Explain that there are many people in a similar situation and that help is available. Be supportive. Tell them that no-one deserves to be threatened or hurt.

Let them make their own decisions, even if this means not being ready to leave the relationship.

Ask if they have suffered any physical harm. Offer to go to the hospital or help report the assault to the Police if necessary.

Let them know we are here to help!



We all have the right to assistance from the Police and other agencies



Jersey Women's Refuge

Tel: 0800 7356836 (24/7)



Jersey Women's Refuge

kindly sponsored by:

LE MASURIER



Contact our Outreach Services

Tel: 0800 7356836 (24/7)

Email: hello@jerseywomensrefuge.org

Website: jerseywomensrefuge.org

No one has the right to assault you or make you live in fear



A caring and safe place

Jersey Women's Refuge provides a caring and safe environment where all women suffering abuse and their children are welcome.

A place where you are encouraged to realise your strengths and take control of your life.

A relaxing and positive place for you to have space away from the abuse to discuss your options for the future.

You do not need housing qualifications to receive our help. **The Refuge is a 24 hour service, open 365 days of the year.**

We have seven bedrooms, mostly en suite, a lounge, a large kitchen, children's outdoor and indoor play areas and laundry facilities.



What is domestic abuse?

Domestic abuse is any form of physical, emotional, sexual or financial abuse which is used to gain power and control over the other person in an intimate relationship.

Women often say emotional abuse is worse than physical abuse as it leaves no visible scars, is difficult to prove and can be very damaging for mum and children.

Children living with domestic abuse suffer in a variety of ways, either by witnessing violence itself, but being used as emotional pawns or indirectly by the stress suffered by their mother.

Women experience domestic abuse regardless of their social group, class, age, race, disability, sexuality and lifestyle. The abuse can begin at anytime - in a new relationship or after many years spent together.



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Refuge Outreach Services

You do not have to make direct contact with the Refuge or move in to receive our support. Our specialised Outreach team are available to support you in the community. Get in touch today if you wish to meet for a confidential chat about what you are going through and your options. We can meet you anywhere that works for you. Whether it's your local park or somewhere more private, our discreet team of experts can come to you and offer both the emotional and practical support that meets your individual needs.

As part of the Refuge Outreach work we raise awareness of domestic abuse in the island through delivering training workshops and giving talks to interested groups as well as organising an annual domestic abuse campaign. Please contact us if you would like to know more.

Outreach can:

- Support you whether you are staying in or out of the Refuge
- Accompany you to other agencies, such as Income Support, Legal aid, Housing etc
- Provide information, advice and support
- Offer self-development groups
- Offer direct support to children and young people affected by domestic abuse