

# Domestic violence? We can face it together.

**Anyone forced to change their behavior because they are frightened of their partner or ex-partner's reaction is experiencing abuse. Recognizing the signs is a first step. You are not alone!**

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## **Domestic abuse can include:**

- physical or sexual abuse
- psychological abuse – violent or threatening behavior
- coercive behavior – humiliation or intimidation
- controlling behavior – dependency on the abuser; limited mobile phone/social media access/contact with family and friends
- economic abuse – how you earn/spend money, controlling your possessions

Call: 07521 857 415  
from Monday to Wednesday  
10am – 4pm

Email: [help@eerc.org.uk](mailto:help@eerc.org.uk)



Charity reg. 1116407

# EERC is here to help.

You do not have to live **in fear** and put up with **abusive behavior**. **You have options!**

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Call us and you can talk to a female support worker in confidentiality.

## What can we do?:

- inform you about your rights, the impact of domestic abuse and what kind of help you can get
- talk to you to understand your needs and your priorities, while keeping your safety in mind
- support you in accessing: housing, benefits, legal support (family law) and immigration services
- offer emotional and peer support

We are NOT an emergency service. If you are in danger please call 999, or for out of hours support, call the 24/7 National Domestic Abuse Helpline 0808 2000 247.

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