



“ For the first time in my life I can stand up for myself. I just know I could not have managed without the help I received from Women’s Aid. ”

“ After going to Women’s Aid, everything became so much easier. I didn’t feel so helpless and alone as before... Our lives have now been transformed so much for the better now with all thanks to Women’s Aid. ”

“ Women’s Aid saved my life. ”

“ I believe I am a new person since I came to Women’s Aid. I feel so strong now. ”

women's aid

North Down and Ards

For more information about support in the community or for someone to talk to, contact:

North Down & Ards Women’s Aid
Bangor Advice Centre
18 Bingham Street
Bangor
BT20 5DW

Telephone: 028 9127 3196
Email: info@ndawomensaid.org
Website: ndawomensaid.org



Supporting Women

with experience of domestic and sexual violence

24 HOUR

Domestic & Sexual Violence Helpline

FREEPHONE

0808 802 1414

Open to *all women and men* affected by domestic & sexual violence

☒ text support to 07797 805 839 ✉ 24hrsupport@dvhelpline.org





If you are being abused, Women's Aid can help — whether you are still in your relationship or have left



North Down & Ards Women's Aid provides a range of free support services to women and children affected by domestic and sexual violence.

This includes 'floating support' in a safe place in the community at a time that suits you.

Our Floating Support Team offers safe, confidential and non-judgemental help for you — whether you are still in an abusive relationship or have left.



Floating Support includes:

- someone to talk to
- one-to-one support in a safe place
- safety planning
- housing advice
- money management advice
- temporary accommodation if required
- information on your rights
- accompaniment to solicitors and court
- access to training and education
- sign posting to other support agencies
- flexible times
- childcare for appointments at our Advice Centre (subject to availability).

You don't have to feel alone

Am I being abused?

You are being abused if your partner/ex-partner or family member persistently and intentionally:

- undermines your decisions and opinions
- criticises your appearance
- blames you for everything that goes wrong
- is jealous and possessive and continually accuses you of being unfaithful
- controls your money
- threatens to take custody of your children or prevents you from seeing them
- isolates you from your friends and family and makes you justify any absence
- physically hurts you in any way
- demands sex, coerces or forces you into unwanted sexual activities
- intimidates and threatens to harm you or those close to you
- injures or hurts your pets.