



“

I know I will never allow anyone to abuse me like that again, Women's Aid has given me the confidence to move on.

”

“

I feel confident in voicing my own opinion.

”

“

I have found it hard going at times but it is worth it. The support from others in the group is second to none. When you find out that others are, or have been, in your position, that in itself is helpful.

”

“

I learned how to feel safe again and I am learning the skills I need to protect myself.

”

women's aid

North Down and Ards

*For more information about our work 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](mailto:info@ndawomensaid.org)  
Website: [ndawomensaid.org](http://ndawomensaid.org)



**Working to End  
Domestic 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](mailto: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.

If you are fleeing an abusive relationship, we can offer temporary accommodation for you and your children in our refuge or support you in a safe place in the community.

Whether you access support on the telephone, in your community or at our refuge or resource centre, we will always listen, give you support and encouragement and provide clear information.

We aim to keep women and children as safe as possible through education and awareness raising.



## Our services include:

- someone to talk to
- emergency accommodation
- 'floating support' in a safe place in the community at a time that suits you
- support and information on your rights
- accompaniment to solicitors and court
- one-to-one and group support
- education and personal development programmes
- support services for children and young people.

*Everyone has the right to live their life free from abuse*

## 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.