

Domestic abuse is wrong

No one has the right to abuse you
You do not need to suffer in silence

There is help for you



We provide independent, non-judgemental emotional support, practical advice and accurate information to empower women to make informed choices that are right for them.

If you think you might be being abused by a partner, ex-partner or other family member, we can help you.

Contact us at:
0208 373 6218/07483166493
info@enfieldsaheli.org
www.enfieldsaheli.org



Enfield Saheli

www.enfieldsaheli.org

Domestic Abuse Advocacy Service

07483166493

inf@enfieldsaheli.org

Our supporters



MOPAC

MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



Domestic abuse can be:

Physical, verbal
Emotional, psychological
Financial, religious/spiritual

It can include behaviour that is:

Controlling, monitoring
Threatening, intimidating
Isolating, punishing, violent
Belittling, degrading

You are probably:

Feeling very scared and alone
Thinking no one will believe you
Unsure what to do



We can help

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Enfield Saheli Domestic Abuse Advocacy Service

We offer
non-judgemental, emotional
support and practical guidance on:
What you can do to keep safe
Your options
Your housing, immigration, legal,
benefits and welfare situation

We offer
a **free** and **confidential** service
to help you work through the issues
that are important to you,
and help you get your life back
on track



We will listen to you

FREE counselling service

Our experienced qualified
counsellors (BACUP)
can help you deal with a range
of the symptoms and effects of
domestic abuse, including:
depression, anxiety,
PTSD, lack of self esteem, lack of
trust, feelings of helplessness and
shame, nightmares, flashbacks,
panic attacks

We accept self-referrals
and referrals from other local
agencies within Enfield

info@enfieldsaheli.org

Enfield Saheli
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311 Fore Steet N9 OPZ

Reg charity: 1129308 Company no: 6663604