



Domestic Abuse Doesn't Always Scream



Sometimes it hides in silence, in lowered eyes, in the fear of speaking up or leaving.

Physical Abuse

Hitting, slapping, choking, or any physical harm. Not having access to food, medication or other basic needs.

Psychological Abuse

Name-calling, threats, shaming, constant belittling, stopped from calling family or seeing friends. Isolating or restricting where you go and who you speak to

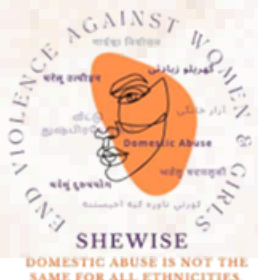
Financial Abuse

Controlling or limiting access to financial resources, stopping someone from working, or forcing them to give dowry.

Other Abuse

HBV, FGM, forced marriages, cultural gender based abuse, coercion, stalking, rape & sexual assault, modern day slavery, trafficking for sexual exploitation and prostitution.

In some families, abuse and physical violence is sometimes minimised or seen as *normal*, especially within marriage. It is justified as "discipline", "keeping peace at home" or "honour".



Don't be afraid to ask for help: Call SHEWISE...



0333-188-1505
support@shewise.org
www.shewise.org
@shewise_uk
/shewise.org



Abuse is still abuse and IT IS NEVER ACCEPTABLE

About SHEWISE

SHEWISE is a by-and-for, women and girls specialist, community-led charity based in Hounslow, Tower Hamlets and Newham, with an advice helpline available across London. We work to improve the educational, economic and social wellbeing of women, with a particular focus on minority ethnic women and young girls.

We provide culturally responsive, trauma-informed and bilingual advice, training and advocacy. Our services are designed to support minoritised & marginalised women and girls, especially those from South Asian and Middle Eastern backgrounds.

We operate a no woman turned away policy.

Advice Services

SHEWISE offers free and confidential bilingual advice and support for women and young girls affected by domestic or sexual abuse, honour based violence and other cultural issues. Our advice team gives immediate information about your options and how to stay safe.

We provide specialist, bilingual support on:

- Personal safety
- Emotional wellbeing
- Housing and homelessness
- Finance (benefits, debt and more)
- Legal options and processes
- Child-related concerns

For women living in London, we offer:

- Face-to-face support.
- connection to bilingual counselling
- signposting to refuge helpline, solicitors, food banks, employment agencies and long-term advocacy
- SHEWISE Women's Resource Hubs, workshops and Essential Items Bank (Convent Way Community Hub - Hounslow).

Professional Support:

Our specialist advice line and culturally responsive training programmes are available to professionals seeking guidance on cases involving South Asian communities.

Contact Us: Free Helpline: 0333 188 1505

Email: support@shewise.org

West London Advice Sites:

Meadowbank Community Hub and Library

Community Close. Cranford. TW5 9QX

- Advice Surgery: Mondays 10.30am -2pm

Hounslow One Stop Shop

Holy Trinity Church, High Street, Hounslow, TW3 1ES

- Advice Surgery: Wednesday 10.00am -12pm

Beavers Community Hub & library

103 Salisbury Rd, Hounslow TW4 7NW

- Advice Surgery: Wednesday 10.30am -12pm

East London Advice Sites:

Tower Hamlets One Stop Shop

Nari Centre: 61 Vallance Road. London.

E1 5AB

- Advice Surgery: Monday 10.00am -12pm

University Of East London- Law Centre

1 Salway Rd, London E15 1NF

- Advice Surgery: Thursdays 10.30am -2pm