Scared? Controlled? Don’t know where to turn?

Call **Advance** on 07398 454898

**WHO ARE ADVANCE?**
Advance is an independent, client-led charity. We support survivors who have experienced domestic abuse living in Brent.

**WHAT IS DOMESTIC ABUSE?**
Domestic abuse is any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between, intimate partners, ex partners or family members.

**WHAT CAN ADVANCE DO?**
Advance is here and trained to support you! We can listen, help you understand your options and your legal rights, talk to the police for you, help with safer housing, and help you with making your own decisions.

**WHO CAN ACCESS OUR SUPPORT?**
All adult survivors (male and female), their children and teenage girls. Anyone who has experienced domestic abuse and are living in Brent.

If you would like to talk about your situation or someone you know, please contact us on 07398 454898 or brent.admin@advancecharity.org.uk

We are open 10am-6pm, Monday-Friday.

IN AN EMERGENCY, ALWAYS CALL 999.