

What is domestic abuse?

Domestic abuse can be difficult to identify, as it can involve a range of behaviours, these can be subtle and don't always involve physical violence.

Relationships can be with a partner, ex-partner, family member or carer.

Abusive and controlling behaviours can include, but are not limited to:

- Jealousy, possessiveness, isolation from friends and family
- Humiliation, criticism, verbal abuse or mind games
- Unpredictable behaviour, causing feelings of dread or a sense of walking on eggshells
- Threats and actual violence
- Sexual violence, rape, revenge porn, degrading acts
- 'Honour' based violence, forced marriage and FGM
- Stalking and harassment
- Destroying property or belongings
- Controlling or monitoring finances

Are you experiencing or affected by domestic abuse?

Contact us in confidence,
please don't suffer in silence

07753 224 835

counselling@new-heights.org.uk

www.new-heights.org.uk

Open during term time only



Warren Farm Community Project

Charity Number: 1120869



Domestic Abuse Counselling Service

Counselling & Support

compassionate, understanding, accepting

Who we are

We are a specialist domestic abuse counselling service and are part of the New Heights charity.

Our services are for women and men, over 16 years, who:

- Live in North Birmingham or Sutton Coldfield; and
- Have experienced or been affected by domestic abuse at any time in their life

What we offer

- Free, confidential non-judgemental support services
- Individual one-to-one counselling
- Support groups
- Therapeutic group sessions
- Workshops
- Signposting and onward referral
- In North Birmingham and Sutton Coldfield

How we can help

Our services include:

Counselling

Providing a safe, supportive place to explore and work through your experiences of abuse.

Support Groups

Providing opportunities to share with others who have had similar experiences.

Group Therapy

An opportunity to explore the dynamics, nature and impact of abuse.

Empowering you to develop your inner resources, confidence and self-esteem.

Other Services

- Psycho-educative workshops
- Support and information, signposting and onward referral
- Training for professionals

How to get support

We understand that reaching out for support can be really overwhelming. It can be difficult to recognise that a person we love or care about behaves in a controlling or abusive way.

To access the service and speak to one of our experienced counsellors call us on:

07753 224 835

Contact us in confidence, you don't have to suffer in silence.

"Made me realise that I'm not alone and that it wasn't my fault"