

# Women and children have the right to live free from domestic violence, abuse and fear.

Whether you have experienced physical, sexual or emotional abuse, you do not have to suffer alone.

**Birmingham & Solihull Women's Aid can help.**

For a free, confidential **Helpline** contact:

**0800 0732 606**

**Minicom: 0121 685 8519**

All of our services have access to Language Line Interpreters.

For further information please visit [www.bswaid.org](http://www.bswaid.org)

