

“ *Finally I feel someone hears me and is there to help.* ”

## Legal options for women experiencing domestic abuse


If you are experiencing domestic abuse of any kind, there are lots of ways we can help you to decide what the right option is for you.

### How we can help

- Phone and email support to help you understand your options.
- Applying for protective court orders easily, through a secure online tool.
- Legal aid entitlement.
- Helping you find specialist support at every point on your journey.

### Contact us

flows@rcjadvise.org.uk  
0203 745 7707  
Monday - Friday 9-5pm

 Search “Finding Legal Options For Women Survivors”  
Visit [www.flows.org.uk](http://www.flows.org.uk) for more information or to find a local FLOWS partner who can help you today.