

Domestic abuse is a pattern of abuse from a partner, ex-partner or family member (including in-laws) that can take many forms.



It can include:

- Abusing in the name of honour
- Hitting or kicking
- Intimidating or threatening
- Isolating or blaming
- Rape and sexual abuse
- Controlling your money
- Forced marriage
- Using your children against you
- FGM / Cutting
- Controlling your immigration

We offer specialised, confidential support for BME women in Brighton, Hove and East Sussex.

**Call us on 0300 323 9985
or in an emergency, call 999**

If we do not answer, please leave your name, language and a safe telephone number for us to call you back. (Ask a safe person to help you if you cannot do this in English.) Interpreters and childcare may be available on request.

For more information or to self-refer, visit theportal.org.uk and click on the BME Link



Every woman has the right to feel safe in her community. Anyone can experience domestic abuse regardless of her background.



In an emergency, call	999
24 hour National Domestic Violence Helpline	0808 2000 247 Interpreters available.
RISE at The Portal	0300 323 9985

Drop-Ins: You can speak to someone confidentially and discreetly face-to-face at the following drop-ins:

HOVE: Hove Town Hall (Customer Service Centre, Norton Road, Hove, BN3 4AH)	Every Wednesday 10am – 12pm
EASTBOURNE: Citizens Advice Bureau (8 St Leonards Road, Eastbourne, BN21 3UH)	Every Wednesday 1pm – 3pm
HASTINGS: CGL Portal Service (Fellowship of St Nicholas, 66 London Road, St Leonards on Sea, TN37 6AS)	Every Thursday 1pm – 3pm

Forced Marriage & Other Harmful Practices Support

Forced Marriage Unit	0207 008 0151
Karma Nirvana	0800 5999 247
Southall Black Sisters	0208 571 0800
IKWRO Help for Middle Eastern, North African and Afghan women and girls	0207 920 6460

Female Genital Mutilation (FGM) Support

FGM 24hr NSPCC Helpline	0800 028 3550
Forward	0208 960 4000 ext. 1
FGM Lead (Rape Crisis Sussex Surrey)	07399 148927 / 01293 538477

// When we speak we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak.// Audre Lorde