yellow door

Preventing and Responding to Domestic and Sexual Abuse

"The service and support I have received has been truly life changing"

Support for people affected by domestic and sexual abuse

www.yellowdoor.org.uk

Our trained staff and volunteers help people move forwards from abuse, improve their safety and wellbeing, and rebuild their lives.

How Yellow Door can help

- We provide confidential **counselling and recovery programmes** to help people process trauma, manage anxiety, triggers and flashbacks, and rebuild a sense of safety.
- We provide **practical and emotional advocacy**, including guidance through systems that can feel complicated or overwhelming, such as reporting to the police and accessing other support.
- We deliver **education and training** in the local community to help prevent abuse and promote healthy, safe relationships.
- We provide a **helpline** for anyone seeking support anonymously and have a range of **self-help resources** on our website.

Contact our friendly team to make a referral or to find out more about our services.

Office: 023 8063 6312
(open Monday to Friday 9am to 5pm)

Helpline: 023 8063 6313
(open Wednesdays 2pm to 5pm)

Email: info@yellowdoor.org.uk

Website: www.yellowdoor.org.uk

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