

27th March 2020

## SUPPORTING YOU

### HOW CAN WE SUPPORT YOU?

**We are determined to keep our refuges & support services running during this time** and in line with Government guidance our teams are now working differently in order to do this.

We are providing support in several ways including:

- Refuge accommodation and support
- Video support sessions
- WhatsApp messaging
- Telephone calls
- Email support

Your worker will discuss and agree with you your preferred option.

#### Useful Contacts:

**IF YOU OR SOMEONE YOU KNOW IS IN IMMEDIATE DANGER, CALL 999 AND ASK FOR THE POLICE**

If you are not in immediate danger but require support, please contact us using the details below.



03000 20 25 25  
(24 hours 7 days)

[clientservice@myharbour.org.uk](mailto:clientservice@myharbour.org.uk)

Facebook Message Service  
(not 24 hours)

[www.myharbour.org.uk](http://www.myharbour.org.uk)

<https://www.facebook.com/>

