

Useful council services

Birmingham City Council

0121 303 1111

Homelessness Team

0121 303 7410

Gateway

0121 675 4249

Children Services

0121 303 1888

Adults and Communities

Access Point

0121 303 1234

No Recourse to Public Funds

0121 675 6979

Useful websites

Birmingham Safeguarding

Adults Board (BSAB)

bsab.org

Forced Marriage Unit

fco.gov.uk/forcedmarriage

Female Genital Mutilation

fgmhelp@nspcc.org.uk

National Domestic

Violence Helpline

nationaldomesticviolence

helpline.org.uk

Bharosa Domestic Abuse Service



Telephone 0121 303 0368/0369

Email bharosa@birmingham.gov.uk

Open Mon to Thurs 9am–5pm • Fri 9am–4pm

Out of hours emergency duty team 0121 675 4806


In an emergency call 999

For non-emergency advice call 101



Bharosa.

Domestic abuse service



Does your partner or someone you are close to:

- Call you names and put you down?
- Threaten, frighten or hurt you?
- Control your whereabouts and who you can see?
- Make you feel that you cannot do anything right?

The abuse you are experiencing is not your fault. You and your children have the right to live your lives free from abuse and fear.



We are a specialist and culturally sensitive service supporting women from the South Asian communities.

Contact us if you need to speak to us or just want information.

- We have workers who can speak English, Bengali, Gujarati, Hindi, Urdu, Punjabi and Mirpuri
- We help women and girls aged 16+ who are suffering from or risk of abuse
- You can talk to us in confidence
- We do not make judgements about people's lifestyle choices
- We can help you to access other specialist support

We can support you with the following:

- Domestic violence
- Forced marriage
- Honour-based violence
- Female genital mutilation
- Child sexual abuse and exploitation
- Marriage and divorce

We can support you to seek help with:

- Housing and homelessness
 - Sex, relationships and pregnancy
 - Mental health, feelings and emotions
 - Slavery
 - Harming yourself
 - Immigration
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