

Anyone can experience domestic abuse, this includes our Oxleas staff members and those they care about



Is there someone in your life who you fear? Does anyone in your life hurt you physically, emotionally or sexually?



Does someone in your life stop you from doing what you want to do?

Does anyone control your finances against your wishes?



Do you feel that you are unable to tell anyone or that others may not believe you?

**If you are experiencing abuse, please do reach out for help.
If a work colleague is being abused, please do find time to listen and encourage them to access support.**

**For guidance please see our Staff Domestic Abuse policy on the intranet. Oxleas Employee Assistance is available to support you
Details on the Ox: [Employee Assistance Programme \(EAP\)](#)
(The Ox) (oxleas.nhs.uk)
[Bright Sky App](#) [Bright Sky on the App Store](#) (apple.com)**

For confidential Domestic Abuse Support please call these [DA services](#): [Bromley](#) on [020 8313 9303](#); [Bexley](#) on [0808 802 5565](#); [Greenwich](#) on [020 8317 8273](#). These lines are available [Monday to Friday, 9am to 5pm](#).

For a [24 hour service, 7 days a week](#), please call [0808 2000 247](#).