



Mums In Need

FREEPHONE 0800 852 7414

enquiries@mumsinneed.com

www.mumsinneed.com

Supporting mums who have left emotionally abusive relationships

Have you left an abusive relationship?

Are you a survivor of emotional abuse and in need of support?

If so, please e-mail enquiries@mumsinneed.com

MIN Support Services:

- ◇ **1:1 Support**
- ◇ **Counselling**
- ◇ **Peer Support Group**
- ◇ **Support Sessions: yoga, massage, empowerment, legal, finance and more.**

You are not alone. You can access our support whether the abuse is current or past. Don't hesitate, reach out today.

Based in Sheffield

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