



Manchester Domestic Violence Wellbeing Service for Black and Ethnic Minority Communities

- Are you of Afro-Caribbean, African or Asian descent?
- Are you currently or have you previously experienced domestic violence and find it hard to cope?
- Are you depressed or living with feelings of guilt or shame?
- Are you anxious, nervous or on edge?
- Are you experiencing sleep problems or finding it difficult to relax?

**If so, the
Manchester
Domestic Violence
Wellbeing Service
can help you in
confidence.**



For more information contact:
Manchester DV Wellbeing Service
Self Help Services
Zion Centre,
339 Stretford Road, Hulme,
Manchester M15 4ZY

Telephone: 0161 226 3871 or 07908 071 123 and ask for Tahira
Email: pws.manchester@selfhelpservices.org.uk

www.selfhelpservices.org.uk