



Have you experienced abuse? Do you feel threatened or at risk of violence or abuse?

The Mimram Gender-Based Abuse Support Service is here for you.

Everyone's needs are unique. At the Mimram Service, we are here to support you with a personalised safety plan and empower you with options to rebuild your life free from abuse.

Call us to speak to a specialist IGVA:

0300 790 6772

Mondays and Wednesdays: 9am to 5pm
Tuesdays, Thursdays and Fridays: 9am to 8pm

Access virtual support through our website with live chat options including a 24-hour chatbot and SMS options:

www.mimramsupport.co.uk

If you are a professional and would like to make a referral, please either call us or complete the contact form on our website to receive a referral link.

For other support visit **www.refuge.org.uk** or call the 24 Hour Freephone National Domestic Abuse Helpline:

0808 2000 247 In an emergency call: **999**

Who is the Mimram Service for?

The Mimram Service welcomes all survivors regardless of background, identity, or gender. We provide specialist support to adults, children and young people across Hertfordshire who have experienced:

- Domestic abuse
- Sexual abuse and sexual exploitation
- Stalking and harassment
- Harmful practices including:
 - Forced marriage
 - So-called 'honour'-based abuse
 - Female Genital Mutilation (FGM)

How can we support you?

The Mimram Service is a partnership between four specialist organisations, led by Refuge, the UK's largest domestic abuse charity. This allows us to provide support that's tailored to you, and accessible both online and offline. We offer:

- A dedicated Children and Young People's Team
- Independent Gender Violence Advocates (IGVAs) for 1:1 support
- Culturally-specific support for harmful practices
- Community one-stop-shop locations
- Virtual support and online contact options
- Support at other locations including both Lister Hospital and Watford General Hospital

We have IGVAs with many different specialisms. Your assigned IGVA will empower you to access support based on your individual needs and the specific type of gender-based violence or abuse you have experienced.