

## SİDETA NAV MALÉ ALİKARİ Ü ŞİRET!

şideta nav malé weke sùceki tē hespakirin. Xwe ù zarokèn xwe biparézin. Li dij mirovèn ku li we pîdetê dikan, dawê vekin. Hek di derbarî hedîseyên şideta nav malé de, ihtiyaca we bi şîret ù destekê hebe, ev xizmetên heremî wê ji we re bibin alîkar:

Polês 999 (24 seet)  
Xeta Alîkariya Netewî bo şideta Nav Malé 0808 2000 247 (24 seet)  
Ûnîteya Ewlekariya Civatê ya Polêsê Haringeyê 020 8345 1944  
Destek ji bo Mexdûrên li Haringeyê 020 8888 9878

### Hearthstone

Li Haringeyê Navenda Destek û Şîretê ya ji bo şideta Nav Malé  
10 Commerce Road, Wood Green, London N22 8ED  
Tel: 020 8888 5362

Seetên Vekirî: Dûşem heta Îni 10.00-16.00

Ji bo agahiya zêdetir ya di derbarî xizmetên şideta nav malé de cîtewna me ya li ser internetê [www.haringey.gov.uk](http://www.haringey.gov.uk) ziyaret bikin. Hun dikarin li pirtûkxaneyên heremê, internetê belaş bi kar binin. 'Ez ê Sax Bimînim û Bijim' - 'I Shall Survive' rêberekê çapkiri ye ji bo xizmetên li Haringeyê yê şideta nav malé ù ew li ofîsên serekê yê Belediyê ù pirtûkxanan peyda dibe an jî telefonî Hearhstone bikin.

## GURI KU WAXYEELAYN CAAWIN & TALOBIXIN

Guri ku waxyeelayn waa denbi. Ka badbaadi naftaada iyo caruurtaada, bilow tilaabo looga hortago dhib-gaysteyaal. Haddii aad u baahan tahay talo siin iyo taageero la xiriira guri dhibaato ku gaarsiin adeegyada hoos ku qoran aya gaacan siin diyaar kuula ah:

Booliis 999 (24 saac)  
National Domestic Violence Helpline 0808 2000 247 (24 saac)  
Haringey Police Community Safety Unit 020 8345 1944  
Haringey Victim Support 020 8888 9878

### Adeegga Hearthstone Haringey Domestic Violence Advice and Support Centre

10 Commerce Road, Wood Green, London N22 8ED  
Tel: 020 8888 5362

#### Saacado Shaqo: Isniin ilaa Jimce 10am-4pm

Macluumaad dheeraad ah oo la xiriira adeegyo looga hortago guri ku waxyeelayn booqo web site-ka ah [www.haringey.gov.uk](http://www.haringey.gov.uk)  
Adeeg Internet bilaash ah aya maktabadaha xaafadda laga helaa.

'Waa inaan ku noolaado' hage buugyare daabacan oo la xiriira adeegyo Haringey ka jira ee looga hortago guri ku waxyeelayn ee in Haringey, waxaa laga helaa xafiisyada waaweyn ee Kownsalka iyo maktabadaha xaafadda ama la soo hadal adeegga Hearhstone.

## AİLE İÇİ ŞİDDET YARDIM VE DANIŞMANLIK

Aile içi şiddet suçtur. Kendinizin ve çocuklarınızın güvenliğini koruyun. kötü muamele edenler hakkında yasal işlem başlatın.  
Aile içi şiddet konusunda desteğe ya da danışmaya ihtiyacımız varsa:

Bu yerel servisler size yardımcı olabilir:

Polis 999 (24 saat)  
Aile İçi Şiddet Ulusal Yardım Hattı 0808 2000 247 (24hrs)  
Haringey Polis Toplum Güvenlik Birimi 020 8345 1944  
Haringey Mağdurlara Destek 020 8888 9878

### Hearthstone

Haringey Aile İçi Şiddet Danışma ve Destek Merkezi  
10 Commerce Road, Wood Green, London N22 8ED  
Tel: 020 8888 5362  
Çalışma Saatleri: Pazartesi-Cuma 10:00-16:00

Aile içi şiddet konusunda daha ayrıntılı bilgi için [www.haringey.gov.uk](http://www.haringey.gov.uk)  
Web adresimizi ziyaret edin. Ücretsiz internet servisi yerel kütüphanelerde mevcuttur. 'Hayatta Kalacağım' 'I Shall Survive' Haringeydeki Aile İçi şiddet Servisleri konusunda yayımlanmış bir rehberdir ve belediyenin ana şubelerinde, kütüphanelerde mevcuttur ya da Hearhstone'yi arayabilirsiniz.

HARINGEY COUNCIL

# Domestic Violence HELP AND ADVICE

[www.haringey.gov.uk](http://www.haringey.gov.uk)



## DOMESTIC VIOLENCE HELP AND ADVICE!

Domestic violence is a crime. Protect yourself and your children's safety. Initiate action against abusers.

If you need advice and support about domestic violence issues - these local services are here to help:

Police	999 (24hrs)
National Domestic Violence Helpline	0808 2000 247 (24hrs)
Haringey Police Community Safety Unit	020 8345 1944
Haringey Victim Support	020 8888 9878

### Hearthstone

Haringey Domestic Violence Advice  
and Support Centre

10 Commerce Road, Wood Green, London N22 8ED  
Tel: 020 8888 5362

Opening hours: Monday to Friday 10am-4pm

For more information about domestic violence services visit our web site at [www.haringey.gov.uk](http://www.haringey.gov.uk)

Free Internet access available at local libraries

'I Shall Survive' a printed guide to domestic violence services in Haringey, is also available at main council offices and libraries or call **Hearthstone**.

## DHUNA SHTËPIAKE NDIHMË DHE KËSHILLË!

Dhuna shtëpiake është krim. Mbroni sigurinë tuaj dhe të fëmijëve tuaj. Nivoni veprimin kundër abuzuesve.

Nëse ju duhet këshillë dhe ndihmë mbi çështje të dhunës shtëpiake - këto shërbime lokale janë këtu për t'u ndihmuar:

Policia	999 (24orë)
Telefoni Kujdestar Kombëtar	
Dhunës Shtëpiake	0808 2000 247 (24orë)
Njësia Pol icore e Sigurisë së Komunitetit Haringej	020 8345 1944
Mbështetja e Viktimave Haringej	020 8888 9878

### Hearthstone

Qendra e Mbështetjes dhe Këshillës për Dhunën  
Shtëpiake Haringej

10 Commerce Road, Wood Green, London N22 8ED  
Tel: 020 8888 5362

Orari i punës: E Hënë deri të Premte 10.00-16.00

Për më shumë informata lidhur me shërbimet mbi dhunën shtëpiake vizitoni faqen tonë të internetit në [www.haringey.gov.uk](http://www.haringey.gov.uk).

Çasja falas në internet është në dispozicion në bibliotekat lokale.

'Unë do të mbijetoj' (**I Shall Survive**), një udhëzues i printuar mbi shërbimet për dhunën shtëpiake në Haringej është gjithashtu në dispozicion në zyrat kryesore dhe bibliotekat ose telefononi **Hearthstone**.

## পারিবারিক সহিংসতা সাহায্য ও পরামর্শ

পারিবারিক সহিংসতা একটি অপরাধ। নিজের এবং আপনার সন্তানদের নিরাপত্তা সুরক্ষিত রাখুন। নির্বাহকদের সঙ্গে নিজেকে পুনর্স্থাপনের উদ্যোগ নিন।

পারিবারিক সহিংসতা সংক্রান্ত কোন বিষয়ে যদি আপনার পরামর্শ ও সহায়তার প্রয়োজন হয় এইসব স্থানীয় পরিষেবাগুলি সাহায্য দিতে পারে:

পুলিশ	999 (২৪ ঘণ্টা)
ন্যাশনাল ডমেস্টিক ভায়োলেন্স হেল্পলাইন	0808 2000 247 (২৪ ঘণ্টা)
হারিংয়ে পুলিশ কমিউনিটি সেফটি ইউনিট	020 8345 1944
হারিংয়ে ভিকটিম সাপোর্ট	020 8888 9878

### হার্থস্টোন

হারিংয়ে ডমেস্টিক ভায়োলেন্স অ্যাডভাইস  
অ্যান্ড সাপোর্ট সেন্টার

১০ কমার্স রোড, উড গ্রীন, লন্ডন N22 8ED  
টেলিফোন: 020 8888 5362

খোলা থাকার সময়: সোমবার থেকে শুক্রবার সকাল ১০টা বিকাল ৪টা

পারিবারিক সহিংসতা সংক্রান্ত বিভিন্ন পরিসেবা সম্পর্কে আরো বিস্তারিত জানার জন্য আমাদের ওয়েবসাইট [www.haringey.gov.uk](http://www.haringey.gov.uk) দেখুন।

স্থানীয় লাইব্রেরীগুলিতে বিনা খরচে ইন্টারনেট ব্যবহারের সুযোগ

'আই শ্যাল সারভাইভ' হারিংয়ে'র পারিবারিক সহিংসতা সংক্রান্ত বিভিন্ন পরিষেবার মাপা নির্দেশিকাও কার্ডাইফল-এর প্রধান দফতর ও লাইব্রেরীগুলিতে পাওয়া যায় অথবা হার্থস্টোন কে টেলিফোন করুন।

## VIOLENCE DOMESTIQUE AIDE ET CONSEILS!

La violence domestique est un crime. Protégez votre sécurité et celle de vos enfants. Agissez contre les auteurs. S'il vous faut des conseils et du soutien pour les problèmes de violence domestique- Ces services locaux existent pour vous aider:

Police 999	(24h)
Service d'Assistance Téléphonique National	
Pour la Violence Domestique	0808 2000 247 (24h)
Service de Sécurité dans la Communauté de la Police de Haringey	020 8345 1944
Soutien pour les Victimes de Haringey	020 8888 9878

### Hearthstone

Centre de Conseil et de Soutien de Haringey pour  
la Violence Domestique

10 Commerce Road, Wood Green, London N22 8ED  
Tél: 020 8888 5362

Horaires d'ouverture: du lundi au vendredi de 10h à 16h

Pour plus d'informations sur la violence domestique visitez notre site Web au [www.haringey.gov.uk](http://www.haringey.gov.uk)

Accès gratuit à l'Internet dans les bibliothèques locales  
"Je Survivrai", un guide imprimé sur les services pour la violence domestique à Haringey, est disponible aux bureaux municipaux principaux et aux