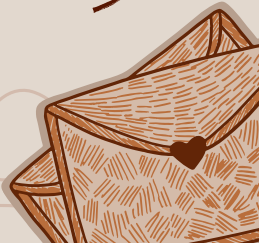


THE ESSENCE OF FRIENDSHIP

ARE YOU EXPERIENCING A
TOXIC FRIENDSHIP OR
RELATIONSHIP AND
STRUGGLING TO FIND
SUPPORT?



YOU ARE NOT ALONE IF YOU ARE STRUGGLING AND UNSURE ON HOW TO DEAL WITH SITUATIONS SUCH AS TOXIC RELATIONSHIPS. GET IN TOUCH WITH THE CONTACTS BELOW FOR SUPPORT AND GUIDANCE



www.womanstrust.org.uk/group-therapy

Woman's Trust focus mostly on domestic violence and provide group therapy.

www.archteesside.org

ARCH Teesside specialises in sexual violence. Sexual Violence can happen in friendships and relationships.



www.anxiousminds.co.uk/support-for-survivors-of-abuse-north-east

Anxious Minds supports survivors of abuse. They also provide legal assistance.