



We support Jewish girls and young women aged 16+ nationally (14+ in London) with FREE specialist support and counselling.

Our team can help you with:

- ◊ Wellbeing & grounding
- ◊ Understanding healthy relationships & consent
- ◊ Online safety
- ◊ Dating & red flags
- ◊ Boundaries & autonomy
- ◊ Understanding abuse
- ◊ Reporting sexual violence
- ◊ Dealing with breakups
- ◊ How to process anger & self-blame

Contact us in confidence:

☎ 0808 801 0500 ✉ advice@jwa.org.uk 💬 [jwa.org.uk/webchat](https://www.jwa.org.uk/webchat)

