



# If you are experiencing domestic abuse, you are not alone.

Talk to your GP. Any member of staff can make a referral to Solace Women's Aid's Tower Hamlets IRIS Service. If you are registered with the GP in Tower Hamlets, you can self-refer by calling 020 3795 9222 or 074 8304 5748.

 **020 3795 9222/074 8304 5748**

 **Thccg.irstowerhamlets@nhs.net**

**solace** advice & support

**NHS**  
**Tower Hamlets**  
Clinical Commissioning Group