

The support-space chooser

A longer AWWN guide for community support chooser: practical steps, scripts, red flags and source links.



Use this guide if

- You need a practical next step, not a lecture.
- You want official links and community support routes in one place.
- You prefer a calm, culturally aware checklist.



How to read it safely

- Use only the sections that apply.
- Keep private notes secure.
- Ask specialist services for complex cases.



What it includes

- Practical checklists.
- Scripts and decision prompts.
- Official and community sources.



Limits

- General information only.
- Not personal legal, medical, financial or immigration advice.
- Last checked 20 Sep 2026.

AWWN designs guides for readers who may be balancing family expectations, privacy, language, migration admin, work and wellbeing. The aim is clarity without panic.

Choosing the right support

Topic-specific actions for this article. Icons are matched to the section meaning rather than repeated decoration.



Everyday belonging

- Library group, class, society or women's circle.
- Good for routine and loneliness.
- Not a substitute for crisis help.



Mental health route

- NHS Talking Therapies may help with anxiety/depression.
- GP can signpost.
- Waiting times and eligibility vary.



Specialist help

- Use domestic abuse, legal or immigration specialists for risk.
- Ask about confidentiality.
- Do not post sensitive details publicly.



Peer support

- Helpful when boundaries are clear.
- Look for moderation and respect.
- Leave if pressure or gossip appears.

Tip: choose one action today, one follow-up this week, and one source link to save for later.

Safety and boundaries

Topic-specific actions for this article. Icons are matched to the section meaning rather than repeated decoration.



Before sharing

- Ask who runs the space.
- Ask what is confidential.
- Start with a small question.



Green flags

- Choice, privacy and signposting.
- No pressure to disclose.
- Respect for faith and culture without stereotypes.



Red flags

- Advice beyond expertise.
- Pressure to stay silent for reputation.
- Sharing stories without consent.



If urgent

- Emergency services for immediate danger.
- Helplines for confidential planning.
- Use a safe device if monitored.

Tip: choose one action today, one follow-up this week, and one source link to save for later.

دليل اختيار مساحة دعم آمنة

الدعم المناسب لا يعني أن تحكي كل شيء للجميع. ابدي بمساحة صغيرة وآمنة، واسألي عن السرية والتدريب ومن يدير المكان. المساحة الجيدة تزيد اختيارائك وتحترم خصوصيتك ولا تضغط عليك باسم العائلة أو السمعة أو الثقافة.

حدود آمنة



- اسألي عن السرية.
- ابدي بسؤال صغير.
- ابتعدي عن الضغط أو النميمة.

اختيار مساحة دعم



- مجموعة مجتمعية للوحدة والانتماء.
- NHS أو الطبيب للمسار العلاجي.
- خط متخصص عند وجود خطر أو سيطرة.

تذكير



- المعلومات عامة وليست نصيحة فردية.
- اختاري ما يناسب وضعك فقط.
- احفظي الملاحظات في مكان آمن.

مصادر ومساعدة



- استخدمي الروابط الرسمية عند الحاجة.
- اطلبي جهة متخصصة في المسائل القانونية أو الصحية أو الهجرية.
- لا تشاركي بيانات حساسة في مجموعات عامة.

Hub of Hope

Muslim Women's Network UK

National Domestic Abuse Helpline

NHS talking therapies

Mind: peer support

Samaritans