

**Only Marmor  
At Home?**

**Everyone deserves to be safe**

When we are preparing for the Seder night, getting Matza, buying meat, and hoping to have the Korban as we once did, some of us have only Maror at home. These days we get ready for Pesach under difficult conditions, while isolated in our homes in order to protect ourselves. Let’s turn our attention to those who can’t protect themselves in their own homes. For some, home isn’t safe, and fear and shame prevent them from reaching out to anyone.

And who do you even contact in such a situation?

**When home doesn't feel safe, help IS available**

Please print this pamphlet out, hang it in your building if you can. Share it via email or in social media groups. You may save people at risk by doing so.

Abuse exists in every community, including some Haredi homes.

Agencies supporting Haredi families are discreet, confidential, professional and fully suited to Haredi values and lifestyle.

Abuse can be verbal, emotional or physical. In most cases, close friends and family are unaware, especially when abuse is intimate and happens behind closed doors. Therefore, be aware of red flags so you can ensure your loved ones are safe. If you have concerns, you can phone for guidance and help. Your call will be anonymous and confidential.

If you feel fear at home or with certain family members, get help- the earlier, the better.

**Here are some signs to look out for:**

Do you experience any of the following within your family?

- constant blame of family members whenever things go wrong
- Suspicion, lack of trust, extreme and constant criticism
- Obsessive jealousy, spying
- Distancing from relatives, friends and neighbours
- Violent mood swings, loss of self-control
- Financial control, preventing access to money or food
- Control of every detail of your everyday activities
- Neglect of your basic needs, such as food or heating
- Threats of harm to self or others



**IL**

- Tahel - Haredi Women and Children Hotline: 02-6730002
- Yad Sarah Center for Families: 02-6444566
- The Child Safety Agency Aid center: 02-6780606
- Nivcharot: Reach us by email: [info@nivcharot.com](mailto:info@nivcharot.com)



**UK**

- Jewish Women’s Aid: 0808 801 0500 London: 0208 445 8060  
Manchester: 0161 772 4878
- Migdal Emunah, Sexual Abuse Advice  
+44 (0)7899 814 137



**USA**

Shalom Task Force: 718-337-3700 , 1-888-883-2323

