

## Karma Nirvana Helpline



**Are you or do you  
know a victim?**

**T. 0800 5 999 247**

Call Karma Nirvana in confidence, we can help you!  
**We never talk to the victim's family.**



# United against Honour Based Abuse



 @KarmaNirvanaUK

 @KNFMHBV

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 @KarmaNirvana

Helpline: 0800 5 999 247  
support@karmanirvana.org.uk

[karmanirvana.org.uk](http://karmanirvana.org.uk)

Reg. Charity 1089477



## What is **honour based abuse**?

Honour based abuse is defined as ‘an incident or crime involving violence, threats of violence, intimidation coercion or abuse (including psychological, physical, sexual, financial or emotional abuse) which has or may have been committed to protect or defend the honour of an individual, family and/ or community for alleged or perceived breaches of the family and/or community’s code of behaviour.

In short, it is where abuse is carried out in the name of protecting family honour and because the perpetrator believes that the victim has brought shame.

## What is **Forced Marriage**?

Defined as “a marriage where one or both people do not (or in cases of people with learning disabilities cannot) consent to the marriage and pressure or abuse is used.”

Family may suggest that you are having an “arranged marriage”, but it is important to highlight that an “arranged marriage” that you **don’t want** is a forced marriage and illegal.

## How **Karma Nirvana** can help you?

Karma Nirvana is an award-winning British charity supporting victims and survivors of Honour-Based Abuse and Forced Marriage.

Our Helpline provides specialist support and guidance to victims, survivors and professionals.

All calls are confidential and we will not share your information without your consent, unless you are in immediate danger.



## Have you been told you have **brought shame** because:

- Being too westernised - clothes, socialising, dating, expressing sexuality
- Relationship with someone that is not accepted by your family
- Pregnancy before or outside of marriage
- Wanting to have an abortion
- Refusing an arranged marriage
- Changing your religion / faith, etc
- Choosing a career route that is not accepted by your family/community
- Speaking about the abuse to an “outsider”

This is abuse and help is available.



“Calling the helpline was an important part of my journey to freedom. It helped me realise the abuse I suffered was not and should not be considered normal. - Sabina

## Who does the **helpline** support?

We support anyone affected by honour based abuse regardless of their religion, age, sexuality, gender or ethnicity. Our helpline supports people that:

- Might be living with honour abuse and want to understand what support and options are available to them.
- Want help to leave but don’t know how to do this. Karma Nirvana can help you to find safe accommodation to leave honour abuse safely.
- Have left honour abuse and need any support on their journey

Whether you or someone you know is at risk or concerned, we are available to listen and support.

We often hear from victims who feel it is their fault. They are led to believe that they have shamed the family and deserve to be punished. **It is important to recognise that no one has the right to abuse you.**