



# FORCED

## You have a right to choose...

If you or someone you know is being forced into a marriage, contact the FORCED MARRIAGE UNIT

**Call 020 7008 0151**

9am - 5pm Monday to Friday

**Email [fmf@fco.gov.uk](mailto:fmf@fco.gov.uk)**

The Forced Marriage Unit offers confidential support and information. Confidential advice is also available from a large network of support groups, including the Police, the National Domestic Violence Helpline and women's refuges nationwide.

## Una haki ya kuchagua...

Ikiwa wewe au mtu mwingine unayemjua analazimishwa kufunga ndoa, wasitiana na KITENGO CHA NDOA YA LAZIMA.

**Piga simu 020 7008 0151**

kati ya saa 9am na 5pm Jumatatu hadi Ijumaa

**Barua pepe  
[fmf@fco.gov.uk](mailto:fmf@fco.gov.uk)**

Ushauri wa diri unapatikana pia kutoka kwa mtandao mkubwa wa vikundi vya usafiisi, pamoja na Polisi, Lalmi ya Kibali ya Msaada wa Moyo wa Kinyumbani, na wanawake wakimbizi katika taifa nzima.