We promise to listen to you in a non judgemental way and give you accurate information about your rights and choices.

“Where there is shade, there is also sunshine”

OTHER PEOPLE WHO CAN HELP

Karma Nirvana:
0800 5999 247 www.karmanirvana.org.uk

Forced Marriage Unit:
0207 008 0151 www.fco.gov.uk

Iranian & Kurdish Women’s Rights Organisation:
0207 490 0303 www.ikwro.org.uk

Mix Together:
www.mixtogether.org

Positive East:
0207 791 2855 www.gaymenswellbeing.com

Choice Helpline (Cleveland, Northumbria and Durham):
0800 5999 365

Asian Male & Female Project

Karma Nirvana

If yes, then call the Honour Network, we can help you.

Do you feel:
• Pressured to enter a marriage that you don’t want?
• Pressured to enter a marriage against your will, at the hands of emotional or physical blackmail?
• Worried about someone you know who may be forced to marry, either in the UK or abroad?
• That you have to behave or “act” in a particular way to avoid bringing shame on the family?
• Afraid/worried about bringing SHAME on the family?

We Survived!

We Can All Get Stronger Together

for anybody who has experienced honour based violence or forced marriage
The Facts

A forced marriage is a marriage where one or both partners do not consent to the marriage or consent is given under duress. Duress can include emotional pressure, such as blackmail and guilt, as well as physical pressure.

It is important to acknowledge that no world religion accepts forced marriage.

Free and full consent is a prerequisite for all Christian, Sikh, Muslim, Hindu and Jewish marriages. Everyone has the right to choose who they marry and when they get married. You are not wrong for having made the brave decision to leave a forced marriage.

Article 16. of the Universal Declaration of Human Rights states: “Marriage shall only be entered into with the free and full support of the intending spouses”

Survivors are individuals who were victims of forced marriage or honour based abuse who have had the courage to leave their circumstance and rebuild their lives.

The Honour Network Helpline 0800 5999 247

The Honour Network is a national helpline aimed at victims and survivors of forced marriage and honour based abuse. It was developed by Karma Nirvana with survivors that were trained to support other victims of forced marriage and honour based abuse. The survivors chose the name of the “Honour Network” as they wanted to reclaim their honour; as honourable human beings they have nothing to be ashamed of.

Everyone that answers the honour network helpline is either a survivor or a volunteer of Karma Nirvana that has received training to understand and support victims and other survivors. Some of the services that the Honour Network can provide include:

- Emotional support
- Practical Support
- Crisis Intervention
- Providing guidance and options about what you can do in your circumstances
- Information about refuge and emergency accommodation
- Safety planning and risk assessment

Our helpline is confidential and if you want to speak with someone without disclosing your name or location, you can do so. If you would like to visit our website to find more information about our project, please visit: www.karmanirvana.org.uk

Survivors of Karma Nirvana

Making the decision to leave a forced marriage or to move away from your family may be the hardest decision that you will ever have to make. It is the first step on a difficult journey. The Honour Network help line and survivors are here to make that journey and each day a bit easier.

“Now I live a life that I want to live, I make my own decisions, I say what I want to say, do what I want to do and wear what I want to wear. This means a lot to me. I am living the life you should be living and will live...” Lina, Female Survivor of a Forced Marriage

“As a man, I didn’t know where to turn to. I felt it wasn’t macho for me to come forward. Now I know there are many men in similar situations and I am trying to use my experience to help them...” Imran, Male Survivor of a Forced Marriage

“We didn’t know where to turn, our parents wouldn’t allow us to marry as they already had other plans for us. Since leaving home, it has been difficult, but knowing that we can talk to people that understand what were going through makes it a bit easier...” Couple, Survivors of honour based abuse.

“It was a relief to know that I wasn’t the only one going through the situation. What has kept me going was that I knew that there are people out there who want to help me and people who care for me” Rehana, Female Survivor of a Forced Marriage

You may feel that you are the only person in the world going through what you are going through, but you are not alone. Since the launch of the Honour Network on the 11th April 2008 to the 31st March 2009, the Honour Network received almost 4000 calls. Our calls continue to increase as more people become aware of our helpline.

Remember, if you want to call just to find out what you can do in your circumstances, call us today. Our helpline operates between the hours of 9.30am – 9.00pm seven days a week on: 0800 5999 247

Training and Events

Karma Nirvana can design and provide bespoke training to meet individual agencies learning outcomes. Areas that we have covered include:

- Forced marriage & Honour Based Abuse
- No Recourse to Public Funds
- Forced Marriage (Civil Protection) Act
- Best practice guidance (do’s & don’ts)
- Real life experiences (a survivor can speak about personal experiences, if requested)
- Case Studies

If you are interested in finding out more, please contact our events co-ordinator on: knevents@btconnect.com