



# AT HOME SHOULDN'T MEAN AT RISK

#YouAreNotAlone

Call or text between 9.30am & 5pm

07519 911897

07519 911902

01942 495230

For confidential local support and advice

Outside of these hours, support is available by calling:

The National Domestic Abuse Helpline  
0808 2000 247

24-hours a day, for free and in confidence.

In an Emergency call 999



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