



Everyone deserves to be safe

We are here to listen and support

SPEAK OUT

if you or someone you know:

- has difficulties with drugs or alcohol.
- feels unsafe in a relationship.
- feels depressed, anxious or suicidal.
- feels unsafe in any way.

To get the support you need contact your

The Freephone 24-hour National
Domestic Abuse Helpline
0808 2000 247

The Frank Drugs Helpline
0300 123 6600

Mind Helpline
0300 123 3393