



# How many times

**... Did you wonder if this  
was normal or abuse?**

**Domestic abuse and sexual violence can affect anyone.  
If you are concerned for yourself or someone else, we can help.  
With respect, without judgement.**

**Domestic abuse helpline 0300 303 1844  
Sexual violence helpline 0300 333 6533**

**All calls are confidential and cost no more than calls to standard landline numbers.**