

How many times



**... Were you walking on
eggshells?**

**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.