



“My ‘best friend’  
touches me,  
but I mustn’t tell  
anyone”

**If you don't help who will?**

**Stop Abuse. Call:**

0300 123 4042 (24 hours a day)

0300 777 0707 (for an adult receiving mental health services)

999 (If there is a danger to life, a risk of injury or a crime is taking place)

[www.hertfordshire.gov.uk/stopabuse](http://www.hertfordshire.gov.uk/stopabuse)

