

■ I don't know
who to turn to.
I can't escape. ■

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

