



**CAN'T WAIT
FOR THIS TO
BE OVER?
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All services are ready to help anyone at risk of domestic abuse during lockdown.

**Reach out for support now.
We will listen and help you.**



#YouAreNotAlone



If it is safe to do so, contact:

Women's Refuge 01724 289299

The Blue Door Domestic and Sexual Abuse Support 0800 197 4787

If you are at risk of stalking, contact Paladin National Stalking Advocacy Service

020 3866 4107 / info@paladinservice.co.uk

If you are in immediate danger, call 999 and ask for the police. If you can't speak, press 55 on your mobile or remain silent on your landline while the operator is on the line.