

# No one should live in fear

If a partner or family member is **hurting, controlling, isolating or intimidating** you...

## This is domestic abuse

### Get help

Emergency  
**999**

[www.999bsl.co.uk](http://www.999bsl.co.uk) app



 SCAN ME

Non-emergency  
**0808 16 89 111**

[www.domesticabuseservices.org.uk](http://www.domesticabuseservices.org.uk)

#KnowSeeSpeakOut



southeastern

