

Here's a little note to remind you that

# *You are not alone...*

If you are in danger and can't speak call **999** and input **55** without speaking to be put through to the police. Listen to their instructions carefully.

If you are dealing with abuse, mental or physical call **0800 2000 247** for the National Domestic Abuse hotline.

LGBTQIA+ and dealing with abuse at home **0800 999 5428** or email **[help@galop.org.uk](mailto:help@galop.org.uk)**

