



**What happens  
behind closed doors  
doesn't have to  
stay there...**

If you, or someone you know is in a relationship that doesn't feel quite right...speak to someone about it. You can get help and advice at:

**[openthedoorcheshire.org.uk](http://openthedoorcheshire.org.uk)**



For women and children.  
Against domestic violence.

Telephone: **01925 243359**



...and start a conversation on Domestic Abuse

# Silence isn't always golden

Domestic abuse has no respect for age, sex or sexuality - it loves to go unreported.

**DON'T BE AFRAID  
TO SPEAK OUT.**

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OUTSIDE  
looking **in**  
INSIDE  
looking **out**

**Whichever side  
of the door  
you're on...**  
if a relationship  
doesn't feel  
right, speak to  
someone  
about it.

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