

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



Telephone: **0300 111 1247** 



## 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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