

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.**

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

Call: **0300 123 5101**

Text: **07771 941 464**

Email: **cedah@cheshireeast.gcsx.gov.uk**

In an emergency always call **999**

