



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



Cheshire West
and Chester

Telephone: **0300 123 7047 - option 2**



...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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