

Alone at last

Domestic abuse is **never** okay
but being in isolation doesn't
mean you're on your own.

If you, or someone you
know is suffering abuse,
help is available.

PLEASE DON'T SUFFER IN SILENCE.

You can get help and advice at:

openthedoorcheshire.org.uk



- Contact Cheshire Police on **101**
- If there is an immediate risk of harm, **call 999**
- National Domestic Abuse 24hr helpline **0808 2000 247**