

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.

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**

