

**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: 01925 243 359

In an emergency always call 999

Refuge



Against domestic violence.



...and start a conversation on Domestic Abuse