

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: 01925 243 359
In an emergency always call **999**

Refuge



Against domestic violence.

OPEN
THE DOOR

...and start a conversation on Domestic Abuse