



Refuge

Against domestic violence.



...and start a conversation on Domestic Abuse

www.openthedoorcheshire.org.uk



WARRINGTON
Borough Council

Get tips and advice

- **Are you worried about someone else's relationship?**
A friend, family member, colleague or neighbour? Unsure what to do and how you can help?
- **Are you worried about your relationship?**
Is your partner controlling, manipulative, abusive or violent?
Does something feel not quite right?
- **Are you worried about your own behaviour?**
Are your family frightened of you? Do your friends or other family members tell you that you're being unreasonable?

There's lots of support available across Cheshire to help you open the door. **Don't suffer in silence, talk to someone who can help.**

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.

Here to help 24/7

Web: openthedoorcheshire.org.uk
Call: 01925 243 359

In an emergency
always call **999**



Contacts

Independent Domestic Abuse Service (Refuge) (support for men, women and young people)	01925 243 359
Warrington Women's Aid Refuge (safe, temporary accommodation)	01925 417 138
Rape and Sexual Abuse Support Centre	01925 221 546
Housing Plus (independent housing advice)	01925 246 868
National 24hr Domestic Violence Helpline	0808 2000 247
DV Assist (help with injunctions)	0800 195 8699
Men's Advice Line	0808 801 0327
Cheshire Cares (victim support)	01606 366 336
Cheshire Police (non-urgent)	101