



It is a staggering fact that:

1 Woman in 5 will experience domestic abuse in her lifetime

What you need to know....

- You and your children have the right to be safe.
- Domestic abuse is never your fault. The person who abuses you is responsible.
- You do not have to put up with the abuse. You do have options and there are people who can help you.
- You and your children can recover from the effects of domestic abuse and move on with your lives.

"It's when he phones and texts when he is away 'just checking to see where you are and what you are doing'"

"It's when no-one will come round to your house anymore because they are sick of how he speaks to you and to them"

"It's when you hear his key in the lock and you start to shake"

If you want help or information for yourself or someone you know, contact us on.....

01294 602424

www.nawomensaid.org.uk

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SEE THROUGH THE EXCUSES!