

# Feeling unsafe at home?

If a partner or family member is hurting, controlling, isolating or intimidating you...  
This is abuse



## GET HELP

Emergency

Call 999

[www.999bsl.co.uk](http://www.999bsl.co.uk) app

#KnowSeeSpeakOut

Non-emergency Call 0808 16 89 111

Live chat: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

[www.signlive.co.uk](http://www.signlive.co.uk) Victim Support  
[www.DomesticAbuseServices.org.uk](http://www.DomesticAbuseServices.org.uk)



SCAN ME

