



saynotofear
break free from violence and abuse

She thought she could live
with violence and abuse...



...sadly she was wrong

Not everybody who experiences domestic and/or
sexual violence ever gets to talk to someone.

Come forward, Don't suffer in silence,
and SAY **NO** TO FEAR.

The SAY **NO** TO FEAR website provides information,
advice and access to support services for anybody
experiencing domestic and/or sexual violence, or for
anybody worried about someone they care about who
may be being abused.

National Domestic Violence Helpline: 0808 2000 247

www.saynotofear.co.uk