

Do you feel safe at home?



If you are experiencing domestic abuse, or the situation feels unsafe in your own home, help is available.

National Domestic Abuse Helpline:
0808 2000 247 (24 hr freephone)

Men's Advice Line:
0808 8010 327

LGBT National Domestic Abuse Helpline:
0800 999 5428

Don't be afraid to call.
There's never any excuse for abuse.
In an emergency call 999,
press 55 if you are not able to speak.



acknowledge it's happening
call it by its name
tell someone



0344 375 4307

Monday to Friday, 9.00am to 5.00pm
Please note calls are charged at local rate.

www.MKACT.com
Email: info@mk-act.org



Can't call now? Take a photo of this QR code for reference.

