

COVID-19 IS NO EXCUSE FOR ABUSE.

#YOUARENOTALONE



**ARE YOU CONCERNED ABOUT DOMESTIC ABUSE DURING THIS TIME?
WHEN IT IS SAFE TO DO SO CALL:**

**SUFFOLK DOMESTIC ABUSE HELPLINE – FREEPHONE 24/7 ON
0800 977 5690**

**‘ARE YOU HURTING THE ONE YOU LOVE? CHOOSE TO STOP.’
RESPECT PHONELINE CALL 0808 802 4040**