



Does your partner try to control where you go & who you see?

If you, or someone you know, are suffering from domestic abuse it can be difficult to seek help.

Go to:

www.bexleydomesticabuseservices.org.uk
to find professional help from a range of support services in Bexley.

Contact Solace on **020 3198 4659**
for advice and support

If you, or your family, are in immediate danger don't be afraid to call the police on 999. Otherwise contact the police on the non-emergency number 101 or visit your local police station.



Are you scared by the things your partner says or does?

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Do you worry your behaviour hurts your partner?

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Are you worried about your friend?

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