

DOMESTIC

ABUSE

support services in
Kent & Medway

www.domesticabuseservices.org.uk

**ARE YOU
SCARED BY THE
THINGS YOUR
PARTNER SAYS
OR DOES?**

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

Visit domesticabuseservices.org.uk to find professional, discreet, and supportive help in your area from a wide range of organisations across Kent and Medway

If you or your family are in immediate danger don't be afraid to call the police on **999**. Otherwise please contact Kent Police on the non-emergency telephone number **101** or visit your local police station to speak with an officer in confidence.

Alternatively, you can contact the freephone 24 hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge on **0808 2000 247** or the Mens' Advice Line on **0808 801 0327**



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**DOES YOUR
PARTNER TRY TO
CONTROL WHERE
YOU GO AND WHO
YOU SEE?**

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**DO YOU
WORRY YOUR
BEHAVIOUR
HURTS YOUR
PARTNER?**

If you are worried about your behaviour towards your partner it can be difficult to seek help

Visit domesticabuseservices.org.uk to find professional, discreet, and supportive help in your area from a wide range of organisations across Kent and Medway

Alternatively you can call the Respect phone line for information and advice on how to stop violence and change abusive behaviour on **0808 802 4040** or email them info@respectphoneline.org.uk



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**ARE YOU
WORRIED
ABOUT YOUR
FRIEND?**

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