

No one should have the
Monday black and blues.
It's time to Speak up.



Safe2Speak

If someone is being psychologically, financially, sexually or physically controlling, it's time to speak up.

If you are seeking support, call our domestic abuse services (Outreach & IDVA team) on: **01744 743200**

If you are seeking emergency accommodation in relation to domestic abuse you can contact the 24 hour helpline on: **01925 220541**

www.safe2speak.co.uk



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No one should ever be made
to cry over spilled milk.
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No one should be constantly
treading on egg shells.
It's time to Speak up.



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