

# Are you afraid of someone you live with or know?

## Are you unsure of who can help, where to go, or who to talk to?

We understand.  
You are not alone.  
You do have choices.

- Contact us for:
- Confidential advice
  - Support and information
  - Access to emergency accommodation



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

# 0344 375 4307

Monday to Friday, 9.00 am to 5.00pm

[www.MKACT.com](http://www.MKACT.com)

*Please note calls are charged at local rate.*

**National Helpline Number 0808 2000 247 (24 Hour Freephone)**