

# Do you feel safe at home?



If you are experiencing domestic abuse, or the situation feels unsafe in your own home, help is available.

National Domestic Abuse Helpline:  
**0808 2000 247 (24 hr freephone)**  
Men's Advice Line:  
**0808 8010 327**  
LGBT National Domestic Abuse Helpline:  
**0800 999 5428**

**Don't be afraid to call.**  
**There's never any excuse for abuse.**  
**In an emergency call 999,**  
**press 55 if you are not able to speak.**



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



# 0344 375 4307

Monday to Friday, 9.00am to 5.00pm  
*Please note calls are charged at local rate.*

[www.MKACT.com](http://www.MKACT.com)  
Email: [info@mk-act.org](mailto:info@mk-act.org)



Can't call now? Take a photo of this QR code for reference.

