

# WHO YOU CAN REACH OUT TO

When your instincts are telling you things aren't right, who do you speak to?

Here's a map of who you can speak to about a relationship that's causing you concern.



## Friends & Family

You might be surprised at the support available to you from the people around you.

Choose someone you can trust, who can offer you understanding and confidential listening.

## Counsellors & Therapists

Your place of study or work might have someone you can speak to, or you could contact someone privately.

Choose someone you feel comfortable speaking honestly to.

## Support Charities

WomensAid, Refuge, MIND, and many other charitable organisations offer free support online and on the phone.

They are trained to take your call, and there is no topic too small or large.

## The Police

If the relationship you are in is causing you immediate harm, or is threatening to, then you need protection.

If you or someone you know is in danger, don't delay in getting the support you need.

## Living Liberté

We offer free, confidential mentoring as part of our work.

Don't hesitate to send us an e-mail. We'd love to hear from you.

