



If you don't
feel safe...



and don't know
what to do...



talk to us...



we can help you!

Remember...

You have the right to feel safe and the right to be listened to and to be taken seriously. If you do not feel safe speak to someone who can help you.



Mary Gunn

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Useful Numbers: Childline 0800 1111 • NSPCC 0808 800 5000