



PLAYFUL MOTHER OF TWO?

BIG TAKE THAT FAN?

VICTIM OF DOMESTIC ABUSE?

### Help is out there.

People often feel they are alone, it is part of what the perpetrator wants them to feel. There are people who are there to walk with the person who is enduring and who can be part of the decision for the person who is enduring not to live in abject terror day in and day out but it has to be the decision of the person who is enduring the violence. It is about breaking the water and coming up for air and reaching for help. There are people who are trained to recognise, react, respond, reassure and refer to places for people to get help. Help doesn't always look the same and can include many different people and places so you are never far from a helping hand.

### Help is closer than you think.

If this sounds familiar and you would like to speak with someone, there is a range of safe and confidential support available. Within (insert company name) you can talk to (insert appropriate company resource)