



# DOMESTIC ABUSE CAN HAPPEN IN ANY RELATIONSHIP

If you or someone you know is experiencing domestic abuse they can get help.

**Don't suffer in silence.**

Bridges 24 hour helpline .....	0800 328 0967
Local number.....	0161 331 552
Domestic Abuse National Helpline (24hr).....	0808 2000247
Saheli Asian Women's Project.....	0161 945 4187
Karma Nirvana Honour-based violence and forced marriage helpline.....	0800 5999247
Freedom Charity.....	0845 6070133
Text: .....	4freedom to 88802
MWN (Muslim Women's Network) .....	08009995786
Forced Marriage Unit .....	020 7008 0151



# ReSPECTful Relationships



**Better Futures**  
Tameside