Help to Stay Safe

If you are experiencing domestic violence or abuse, Usdaw can help ...

USDAW
EQUALITIES

You can speak in confidence to your Union rep to find out more about how the Union can help.

You can also contact the free, 24-hour National Domestic Abuse Helpline (run by Refuge) on **0808 2000 247** or visit: **www.nationaldahelpline.org.uk**

You may want to make a personal safety plan – this could help you to stay safe if further violence or abuse occurs. Scan the code to find out more.