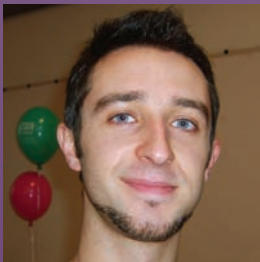
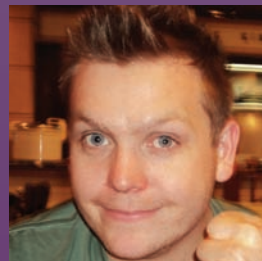




If I'm worried that
someone I know is
experiencing domestic
violence and abuse..



I'll speak up
Will you?



Domestic violence and abuse is not a private matter
Be a supportive friend
Listen to what the person tells you
Believe them – and say so
Support them in the way they want to be supported
don't judge or try to take control

Bristol Domestic Abuse helpline (24 hours) 0800 6949 999
www.bdaf.org.uk

