



**MARRIAGE  
IS A CHOICE**

**#OKTOSAYNO**

For more information go to [\*\*gov.uk/forced-marriage\*\*](https://www.gov.uk/forced-marriage)

Pressuring someone into marriage is a crime. If you think you're at risk, or just need someone to talk to, we're here to help.

**Call the Forced Marriage Unit's helpline on  
+44 (0) 207 008 0151 for advice  
or email [fm@fco.gov.uk](mailto:fm@fco.gov.uk)**

If you are at an airport you can say something to the police, security or airline staff. If you're taken overseas we can still help if you're a British national – call the Forced Marriage Unit's helpline or contact your local British Embassy or High Commission.