WEAK AT WEAK AT THE KNEES



Home Office

This is abuse. Stop yourself.

For information and help search Q this is abuse

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It can be very difficult to talk about your feelings and what's happening in your life, but some problems won't goaway if you try to sort them out yourself or ignore them. So if you have been affected by an abusive relationship and need advice or want to talk to someone, please visit one of the websites or call one of the numbers below for further help and information.

Childline

www.childline.org.uk or telephone 0800 1111

Respect Phoneline

www.respectphoneline.org.uk or telephone 0808 802 4040 / 0808 801 0327 or email info@respectphoneline.org.uk

Calls to the numbers above are free of charge.

For information and help

or to have your say, search $(\bigcirc$ this is abuse