

# COVID-19 IS NO EXCUSE FOR ABUSE.

## #YOUARENOTALONE



ARE YOU CONCERNED ABOUT DOMESTIC ABUSE DURING THIS TIME?  
WHEN IT IS SAFE TO DO SO CALL:

SUFFOLK DOMESTIC ABUSE HELPLINE – FREEPHONE 24/7 ON  
**0800 977 5690**

**'ARE YOU HURTING THE ONE YOU LOVE? CHOOSE TO STOP.'**  
RESPECT PHONELINE CALL 0808 802 4040