



Artwork by **Jess Burnett**
Instagram: **@jessburnettsart**

Love does not hurt.

If someone in your family, or your partner (or ex) are hurting you it is domestic abuse.

It is not your fault and it is not ok.

Domestic abuse is not just physical – it can be emotional, psychological, financial, and sexual. It might be several types at once. It's about power and control.

#BDProtect

**YOU KNOW
WHEN SOMETHING
DOES NOT FEEL RIGHT.
SPEAK OUT AND KEEP
EACH OTHER SAFE!**

If someone's life is in danger call **999** immediately
If you are worried about a child's safety call **020 8227 3811**
If you are worried about an adult's safety call **020 8227 2915**
For domestic abuse support call **0300 456 0174**

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**Barking &
Dagenham**





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Help is available.

Anyone can ask for help. You can contact us directly. Neighbours, friends, and families can call to find out how to support people they are worried about too.

There is no shame in asking for help.

There is strength in recognising the support around us – we are all responsible for creating a safe and protected community.

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