

Love does not hurt.

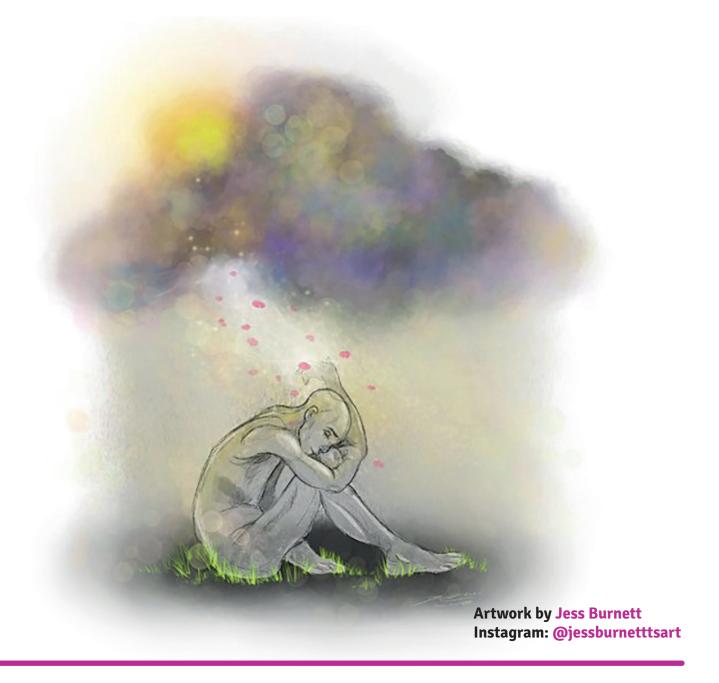
If someone in your family, or your partner (or ex) are hurting you it is domestic abuse.

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



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.



#BDProtect