



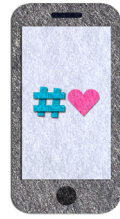
Shopping basket

“The supermarket is the only place I am allowed to go”



Watering can

“I chat with my neighbours when we are in the garden”



Phone

“I can call friends, family and services when I need to”



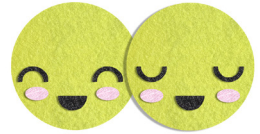
Vertical hands

“I reached out to a friend when I was scared to leave my abusive partner”



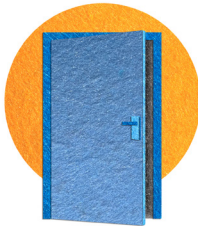
Hands holding heart

“My brother called for help when he was worried about my safety”



Faces

“My neighbour and I have become great friends through our children, we look after each other”



Door

“I watched the door for years, scared to leave. Then a colleague told me I could walk through it – I never looked back”



Chair

“I love to eat dinner with my family and chat about our day”

Artwork by **Sahra Hersi**

We all connect in different ways, but we can all keep each other safe.

#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**

#BDProtect

**Barking &
Dagenham**

