

Domestic abuse can happen to anyone

It can be difficult to know what to do when someone is making you feel scared, especially if they are your partner, your ex-partner or a member of your family. They may be jealous, possessive, and try to control what you do or who you speak to. You are not alone. Speaking to someone is the first step.



We can help you plan a safe way forward and understand your options. We are here to listen, believe and support you. Call us on **0300 323 9985** between 9am-5pm Monday to Friday. Or visit www.victimsupport.org.uk/resources/brighton-and-hove-domestic-abuse-specialist-service/ for more information.