

Frightened

by somebody who you
are in a relationship with?

Central
Bedfordshire

Worried

about abuse at home?

Am I in an
unhealthy relationship?



Young people
experience **abuse** too

**For help and information about unhealthy relationships
you can contact one of these services**

- National Domestic Abuse Helpline 0808 2000 247
- CHUMS 01525 863924
info@chums.uk.com
- NSPCC 0808 800 5000
help@nspcc.org.uk
- Sorted Bedfordshire 01582 674442
info@sortedbedfordshire.org.uk
- Childline 0800 1111
- The Mix 0808 808 4994
- Young Minds
- The Hideout
- Embrace 0345 609 9960
info@embracecvoc.org.uk
- Kooth Counselling Service



@bedsdv