



# Are you scared by the things your partner says or does?

If you, or someone you know, are suffering from domestic abuse it can be difficult to seek help.

Go to:

[www.bexleydomesticabuseservices.org.uk](http://www.bexleydomesticabuseservices.org.uk)  
to find professional help from a range of support services in Bexley.

Contact Solace on **020 3198 4659**  
for advice and support

If you, or your family, are in immediate danger don't be afraid to call the police on 999. Otherwise contact the police on the non-emergency number 101 or visit your local police station.