

NIGHT?

This is abuse. Stop yourself.

For information and help search abuse in relationships Home Office

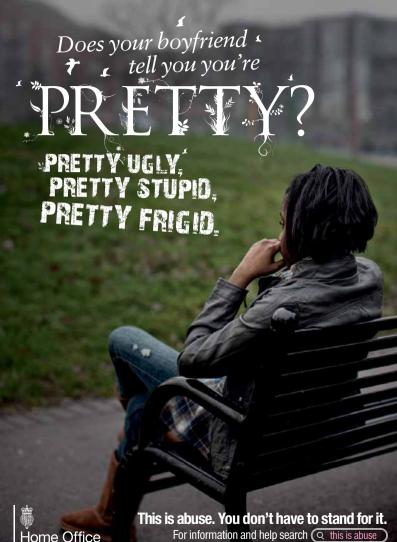
DO YOU MAKE YOUR GIRLFRIEND WEAK AT THE KNEES

BECAUSE YOU'LL HIT HER?



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It can be very difficult to talk about your feelings and what's happening in your life, but some problems won't go away if you try to sort them out yourself or ignore them. So if you have been affected by an abusive relationship and need advice or want to talk to someone, please visit one of the websites or call one of the numbers below for further help and information.

Childline

www.childline.org.uk or telephone 0800 1111

National Domestic Violence Helpline

Run in partnership between Women's Aid and Refuge www.nationaldomesticviolencehelpline.org.uk or telephone **0808 2000 247** (lines open 24 hours a day)

Rape Crisis

www.rapecrisis.org.uk or telephone 0808 802 9999 (lines open daily between 12 noon to 2.30pm and 7pm to 9.30pm)

Calls to the numbers above are free of charge.

For information and help

or to have your say, search (Q this is abuse