



 **#NoToDomesticAbuse**

Friends made me  
see that my children  
were being affected.

**Help a friend or family  
member access support  
to walk away safely  
from domestic abuse.**

**NCCSP**  
Norfolk county community  
safety partnership

Anyone can call the confidential 24-hour  
national helpline on 0808 2000 247 or visit  
[www.norfolk.gov.uk/domesticabuse](http://www.norfolk.gov.uk/domesticabuse)

**In an emergency call 999**





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My best friend  
noticed my injuries.

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My sister convinced me it wasn't normal behaviour.

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I finally realised  
I was being  
controlled.

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