



**DOMESTIC ABUSE
FAMILY SAFETY UNIT**



**NO
MORE**

**Blaming
yourself!**

**They want you to believe it's your fault,
but it's not. Reach out for help.**

Support is just a call away.

0300 123 5101



www.cheshireeast.gov.uk/domesticabuse

**Cheshire East
Council**

The logo for Cheshire East Council, featuring a stylized white wheat stalk or sheaf of grain.