

# Too scared to speak out?

Physical, verbal, emotional or sexual abuse of any kind **is never ok** and **not your fault.**



**For help and support contact:**

Fortalice: **01204 701846** [www.fortalice.org.uk](http://www.fortalice.org.uk)

Victim Support: **01204 399736** [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Police: **101** for non-emergency and **999** if there is a threat to life or a crime in progress

NSPCC: **0800 1111** [www.nspcc.org.uk/domesticabuse](http://www.nspcc.org.uk/domesticabuse)

Greater Manchester Domestic Abuse Helpline: **0161 636 7525**

**Bolton  
Vision**

**Be Safe  
Bolton Strategic  
Partnership**