



In your relationship why are you afraid?

Remember

**You have a right to live
your life free of
Fear
Humiliation
Threats
Abuse**

**If you are
in immediate
danger, always
call 999**



**You are not to blame
You are not alone**

**WORTH Services has a team of
Independent Domestic Violence Advisors
who can help. Call 0330 222 8181,
Monday-Friday 9am-5pm or visit
www.westsussex.gov.uk and search
'Domestic Abuse'
National Domestic Violence
Freephone Helpline 0808 2000 247**