I don’t know who to turn to.
I can’t escape.

If you don’t help who will?

Stop Abuse. Call:
0300 123 4042 (24 hours a day)
0300 777 0707 (for an adult receiving mental health services)
999 (If there is a danger to life, a risk of injury or a crime is taking place)

www.hertfordshire.gov.uk/stopabuse