

Something just clicked. The kids were in the car. We were driving home from the supermarket. Instead of turning down our road I just kept going. I couldn't go back there. Not again.

I couldn't take it anymore.

Where's that number? A woman answered the phone. Hello? **Hello?!**

Breathe. I told her everything. First the jealousy, then the demands...

I wish I'd known help is out there.

I'd have left a long time ago.

We all feel **safer** now.

Domestic abuse isn't just violence.

She called **0808 2000 247** and got help.

 saferLancashire



**HANDLED
WITH CARE**
.....
0808 2000 247