Domestic abuse doesn't stay at home

It can be control over money, phones, friends or time, as well as physical harm. It affects people of every age, gender and background, including people you work with.

Worried about a colleague?

1. **Notice.** Changes in mood, attendance, or calls and messages that seem to control them.
2. **Ask privately.** "How are things at home?" Then listen without judging.
3. **Believe them.** Don't push for details or tell them what to do.
4. **Share support.** Let them choose their next step, in their own time.

SPEAK TO US IN CONFIDENCE

Name _____

Role _____

Where to find me _____

National Domestic Abuse Helpline, free and 24 hours

0808 2000 247

In danger now?

Call 999