

Are you hurting the one you **LOVE?** Choose to **STOP!**

Are you worried about your behaviour towards your partner? Have you been violent or abusive?

For information and advice to help you stop call the Respect Phoneline.

0808 802 4040

(Free from landlines and mobile phones)

**We are open
Monday-Friday
10am to 1pm and 2pm to 5pm
Or email
info@respectphoneline.org.uk
www.respectphoneline.org.uk**

We also offer a limited number of telephone appointments outside our standard opening hours. Call or email us for more information and to book.

Text Relay



Calls are confidential. We do not use technology to identify callers, listening-in or call recording equipment. Calls may be monitored for quality and training purposes. Visit www.respectphoneline.org.uk for more info.