

RELATIONSHIPS AT TIMES  
CAN BE COMPLICATED, BUT  
**SHOULD NEVER HURT.**

**IF YOU ARE  
HURT BY  
SOMEONE YOU  
LOVE, WE'RE  
HERE TO HELP.  
YOU ARE  
NOT ALONE.**



**Cheshire East 24 hour Domestic  
Abuse Helpline. Call, text or email:**

**telephone: 0300 123 5101**

**text: 07771 941 464**

**email: [cedah@cheshireeast.gov.uk](mailto:cedah@cheshireeast.gov.uk)**

