

# Alone at last

Domestic abuse is **never** okay  
but being in isolation doesn't  
mean you're on your own.

If you, or someone you  
know is suffering abuse,  
help is available.

## PLEASE DON'T SUFFER IN SILENCE.

You can get help and advice at:

**[openthedoorcheshire.org.uk](http://openthedoorcheshire.org.uk)**

- Contact Cheshire Police on **101**
- If there is an immediate risk of harm, **call 999**
- National Domestic Abuse 24hr helpline **0808 2000 247**

