



#FEARFREECHARITY

**"WHEN I DIDN'T  
KNOW WHAT TO  
DO NEXT, FEARFREE  
HELPED ME AND  
MY CHILDREN BACK  
TO SAFETY"**

Find out more at [fearfree.org.uk](https://fearfree.org.uk)



We provide support  
to people affected  
by domestic abuse,  
sexual violence  
and stalking across  
the South West.

**NEED HELP? CONTACT US AT  
01225 775 276**

(Landline call rate)

To find out more or make a  
donation visit [fearfree.org.uk](https://fearfree.org.uk)

**FEAR  
FREE**

**BREAKING  
THE CYCLE  
OF ABUSE**

Working with

