

# Everyone deserves to be safe

We are here to listen and support



[www.urc.org.uk](http://www.urc.org.uk)



## SPEAK OUT

if you or someone you know:

- has difficulties with drugs or alcohol.
- feels unsafe in a relationship.
- feels depressed, anxious or suicidal.
- feels unsafe in any way.

To get the support you need contact your church safeguarding coordinator:

The Freephone 24-hour National  
Domestic Abuse Helpline  
0808 2000 247

The Frank Drugs Helpline  
0300 123 6600

Mind Helpline  
0300 123 3393