

# Some women hide behind a mask



but hiding domestic abuse is not the answer

Research shows that women experiencing domestic abuse are more likely to confide in a friend before seeking any other source of support. So support your friends, get them talking...

**0161 636 7525** Monday - Friday: 10am - 4pm

For non-urgent advice e-mail: [helpline@independentchoices.org.uk](mailto:helpline@independentchoices.org.uk)



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

Community Helpline Language Service in Urdu & Punjabi: Mon & Tues 10am - 1pm, Wed 1pm - 4pm

Design by Alligator - 0161 763 9977

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