



Step by Step is a new service supporting friends and family who are worried about someone experiencing domestic abuse. Developed by professionals and people with lived experience, it offers practical advice and emotional support to help others respond early, safely and with confidence.

Our offer to family and friends:

- A telephone advice line: 01245 821179
- A self-serve website with information and guidance
- Web chat support
- One-to-one appointments with a support advisor
stepbystepessex@barnardos.org

We also offer workshops for community groups to build awareness of domestic abuse and strengthen the role that friends and family can play in helping victims get access to early help and support.

If you would like to find out more or arrange a workshop, please get in touch.

We can discuss more about your group and what would be most useful, so we can tailor the session to your needs.

