

Are you worried about someone's relationship, for example:

- **their relationship doesn't feel safe or healthy**
- **you've noticed changes in their behaviour**
- **you've seen or heard things that don't feel right**

Trust your instincts, support is available for you

Supporting someone in an abusive relationship can feel overwhelming

You might not know what to say or how to help and that's okay

If you're worried about someone, please don't ignore it

Talking, listening and staying alongside them can make a real difference

You don't have to have all the answers, but we can help you think things through. Step by Step is here for you. We offer advice and support to help you understand what's happening and how you can help your friend or family member safely

Call one of our support advisors on 01245 821179

Scan the QR code below for more information or to request a call back or email us at stepbystepessex@barnardos.org

