

"THE OTHER DAY I HEARD A CHRISTMAS SONG AND IT'S FIRST TIME IN YEARS THAT I DIDN'T FEEL DREAD."

"One Christmas he bruised my neck so much that I could barely eat for a week.

Domestic abuse can be gradual: the control and the bullying tactics - it was normalised.

It's not just the physical beatings, it can be mental too. Scars can take longer to heal if you can't see them.

I never thought this would happen to me, but anyone could be a victim or a perpetrator, and you don't see it coming.

When I look back, I wish I'd called 101 or a domestic abuse line sooner.

I'm no longer a victim but a survivor..... you are not alone - you have the strength - don't be ashamed - you can get out and life will get better.

This year, hearing the first Christmas song, filled me with joy. I'll be enjoying time with family rather than wishing the season away."

Words from a real local domestic abuse survivor who has bravely helped us create this campaign.

Reach out for support now | We will listen and help you

www.youarenotalone.online

**SERVICES WANT TO HEAR
FROM YOU AND ARE READY
TO LISTEN AND HELP YOU.**



**Scan this code for
contact details of
local services**

DOMESTIC ABUSE...

**Isn't just between people in a relationship; ex-partners
and other family members might put you at risk.**

**Isn't just physical, it can be emotional, sexual or
financial. Recognise the signs and reach out for help.**

**Services are here to support men,
women, transgender and children.**

GET HELP WHERE YOU LIVE NOW

East Riding of Yorkshire

Client Confidential Helpline 01482 396330

Domestic Violence and Abuse Partnership (DVAP)

Operational Team 01482 396368

If out of hours, please call 01482 393939

East Riding of Yorkshire Council Safeguarding Adults Team

(SAT) 01482 396940

**For information on support in other areas of the Humberside
Police Force Area go to www.youarenotalone.online**

**If you are in immediate danger, call 999 and ask for the police. If
you can't speak, press 55 on your mobile or remain silent on
your landline while the operator is on the line.**