

# Frightened

by somebody who are you  
are in a relationship with?

Central  
Bedfordshire

# Worried

about abuse at home?

Am I in an  
**unhealthy relationship?**

Young people  
experience **abuse** too

**For help and information about unhealthy  
relationships you could contact one of these services**

- National Domestic Abuse Helpline 0808 2000 247
- CHUMS 01525 863924  
info@chums.uk.com
- NSPCC 0808 800 5000  
help@nspcc.org.uk
- Sorted Bedfordshire 01582 674442  
info@sortedbedfordshire.org.uk
- Childline 0800 1111
- The Mix 0808 808 4994
- Young Minds
- The Hideout
- Embrace 0345 609 9960  
info@embracecvoc.org.uk
- Kooth Counselling Service
- Bedfordshire Open Door  
01234 360388