



#FEARFREECHARITY

# YOU HAVE THE RIGHT TO A HEALTHY RELATIONSHIP

Find out more at [fearfree.org.uk](https://fearfree.org.uk)



If you are worried  
that you may be in an  
unsafe, controlling,  
or toxic relationship  
you can talk to us.

**NEED HELP? CONTACT US AT**  
**01225 775 276** (Landline call rate)  
To find out more visit [fearfree.org.uk](https://fearfree.org.uk)

