



You don't have to explain anything.

Take this card for yourself, or for someone you are worried about.



thebridlepath.co.uk

Information, specialist signposting and support routes

If your phone or computer might be checked by someone else, use one you trust.

It does not have to leave a bruise to hurt.

If a relationship leaves you frightened, controlled, cut off from people or unsure of yourself, that matters. Control can involve money, housing, family, technology, animals, land, work or transport.

You deserve to be heard without being judged, rushed or blamed.

In immediate danger, call 999. If you cannot speak, listen and press 55 when prompted.

National Domestic Abuse Helpline, free and open 24 hours

0808 2000 247

The Bridle Path for information and signposting
enquiries@thebridlepath.co.uk



The Bridle Path Initiative CIC is not an emergency or crisis service. Company no. 17236688.