## Worried about bout feeling safe?

Relationships can be complicated; they have their ups and downs, but they should never be harmful – physically, or emotionally.

We're here for you if you're worried about feeling safe in your relationship.

Talking to someone about how you feel can be the first step to getting the right support. We will give you the information and support you need to make the right choices for you.

## Can we help? 0161 793 3232 info@safeinsalford.org.uk salfordfoundation.org.uk salfordfoundation.org.uk











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