

THIS SEASON ...

# STEP UP AND MAKE A CHANGE

ADMITTING THAT YOU'RE  
ABUSIVE IN A RELATIONSHIP  
TAKES COURAGE.

GET HELP TO STOP  
HURTING THE  
ONES YOU LOVE.



SCAN ME

TEXT CHANGE TO 88802

## #CHANGECHAMPIONS



IF YOU ARE EXPERIENCING DOMESTIC ABUSE  
CALL 0808 2000 247 IT'S #OKAYTOASKFORHELP

