



Artwork by **Miro Tomarkin**

**“**  
**Sometimes I feel I don't belong in this world.**  
**I need stepping stones to reconnect with my family.”**  
**- Domestic Abuse Survivor**

**YOU KNOW  
WHEN SOMETHING  
DOES NOT FEEL RIGHT.  
SPEAK OUT AND KEEP  
EACH OTHER SAFE!**

If someone's life is in danger call **999** immediately  
If you are worried about a child's safety call **020 8227 3811**  
If you are worried about an adult's safety call **020 8227 2915**  
For domestic abuse support call **0300 456 0174**

**#BDProtect**

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Dagenham**



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