

**ONE CHAT
CHANGES
LIVES**

Derbyshire Domestic Abuse Helpline

www.theelmfoundation.org.uk

 **Live Chat Anonymously**



**THEY CHECK
MY TEXTS
BEFORE I DO!**

Domestic Abuse often starts with small things which can develop into controlling, coercive, isolating, threatening, even violent behaviour.

Domestic Abuse can affect anyone – you don't have to deal with it alone.

Contact us for support at Derbyshire Domestic Abuse Helpline.

**CONTACT US
IN CONFIDENCE**

08000 198 668

Text: 07534 617 252


Email: derbyshiredahelpline@theelmfoundation.org.uk


In an emergency call 999





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