

They must be a saint, caring for you when you're disabled?



If you're suffering any form of physical or emotional abuse you are not alone and help is available. Tell someone you trust or call 101.

Support and contact information is available on www.reducingtherisk.org.uk. If you are deaf, hard of hearing or speech impaired and calling from a textphone dial 18001 followed by the full telephone number on the website.

