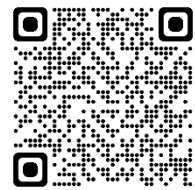


## Useful Organisations



NSPCC - call - 0808 800 5000

**NSPCC**



PAPYRUS HOPELINEUK – 0800 068 4141



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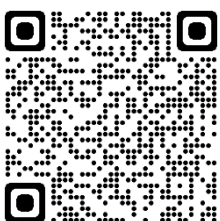


Reach out when you're ready

Call our free, confidential support line:  
0808 801 0331



National Association People  
Abused in Childhood



24 hour National Domestic  
Violence Helpline  
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For women and children.  
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