

# DOMESTIC AND SEXUAL ABUSE YOU ARE NOT ALONE

Control کنٹرول Kontrola নিয়ন্ত্রণ Ovládání  
控制 Contrôle مراقبة Xukumid کنترول  
Fear خوف bojaźń ভয় Isolation  
恐懼 Crainte عزلة Isolation  
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# BRADFORD DISTRICT SPECIALIST SUPPORT SERVICES ARE HERE TO OFFER YOU SUPPORT

Bradford Survive & Thrive  
0808 2800 999



Bradford Rape Crisis  
01274 308270



Anah project  
08459 60 60 11



West Yorkshire Police  
101 (999)



Men Standing Up  
03003 030167



Housing options  
01274 435999

