



Esgobaeth Llandaf
Diocese of Llandaff

Lle Mae Ffydd Yn Cyfrif | Where Faith Matters



Mothers' UNION
Gofal Cristnogol i Deuluoedd
Diocese of Llandaff

Live Fear Free Helpline

Does your partner, family member or someone you live with...

- isolate you from friends and family
 - deprive you of food or heating?
- check up on what you do you online?
 - take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
- stop you from getting medical help or support?
- repeatedly put you down, such as saying you're worthless?
 - humiliate or degrade you?
- control your money and access to your home?
 - make threats or intimidate you?
 - use the Bible to win arguments or make you feel small?

If you, a family member, a friend, or someone you are concerned about has experienced **domestic abuse** or sexual violence, you can contact the Live Fear Free Helpline **24 HOURS** a day, **7 DAYS** a week, for **free** advice and support or to talk through your options.

Get in touch with Live Fear Free advisors free of charge by phone, online chat, text or email.

<https://welshwomensaid.org.uk/information-support/i-need-help/>

