



**YOU KNOW
WHEN SOMETHING
DOES NOT FEEL RIGHT.
SPEAK OUT AND KEEP
EACH OTHER SAFE!**

**Barking &
Dagenham**

If someone's life is in danger call **999** immediately
If you are worried about a child's safety call **020 8227 3811**
If you are worried about an adult's safety call **020 8227 2915**
For domestic abuse support call **0300 456 0174**
#BDProtect

