

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

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**

**Barking &  
Dagenham**

