



Artwork by **Susanna Wallis**
Instagram: **@susannawallis**

**We are a community where everyone
feels protected, and everyone protects
each other.**

**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**



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Abuse and neglect can make people feel trapped, and frightened to ask for help – neighbours, friends and family can all help make that first call.

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