

# Alone at last

Domestic abuse is **never** okay  
but being in isolation doesn't  
mean you're on your own.

If you, or someone you  
know is suffering abuse,  
help is available.

## PLEASE DON'T SUFFER IN SILENCE.

You can get help and advice at:

**[openthedoorcheshire.org.uk](http://openthedoorcheshire.org.uk)**



- Contact Cheshire Police on **101**
- If there is an immediate risk of harm, **call 999**
- National Domestic Abuse 24hr helpline **0808 2000 247**



**David Keane**  
Police & Crime  
Commissioner  
for Cheshire

The logo for 'Open The Door' features a stylized red and blue door icon to the left of the text 'OPEN THE DOOR'. Below the text is the tagline '...and start a conversation on Domestic Abuse'.

**OPEN  
THE DOOR**  
...and start a conversation on Domestic Abuse

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 Cheshire West  
and Chester

Tel: **0300 123 7047 - option 2**



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Halton Domestic Abuse Forum

Tel: **0300 111 1247**



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...and start a conversation on **Domestic Abuse**

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Telephone:

**01925 243359**



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