

Are you afraid of someone  
you live with or know?



Are you unsure of who can help,  
where to go, or who to talk to?

We understand. You are not alone.  
You do have choices.

**Contact us for:**

- **Confidential advice**
- **Support & Information**
- **Access to emergency accommodation**
- **IDVA Services**



acknowledge it's happening  
call it by its name tell someone

0344 375 4307

Monday to Friday, 9.00 am to 5.00pm

*Please note calls are charged at local rate.*

[www.MKACT.com](http://www.MKACT.com)



If you decide to leave, here are some of the things you will need to think about...

### Step 1

It is important to recognise that you are in an abusive relationship.

### Step 2

Seek emotional support and practical help. You can start this process by talking to a friend you trust or contact MK ACT.

### Step 3

Make a crisis safety plan to keep you and your children (if any) safe. Store emergency clothes, money, special children's toys, important documents, address and telephone numbers, duplicate car keys etc with someone you can trust. Plan how to contact emergency help at any time.

### Step 4

Get advice about your legal rights, protection under the law, safe housing and money.

## Useful Numbers

Police Emergency: ..... 999  
Thames Valley Police (24 hours):..... 101  
National Domestic Violence Helpline  
(24 hr freephone): ..... 0808 2000 247  
Social Services (Out of Hours):..... 01908 265545  
MK Council Homeless Team: ..... 01908 253481  
Milton Keynes Council: ..... 01908 691691