

SAFER FUTURES

☎ 0300 777 4 777

Easy Read

**Help and support
after domestic abuse
or sexual violence**



**FIRST
LIGHT**

**Believe in
children**
 **Barnardo's**

**SAFER
CORNWALL**
Kernow Salwa

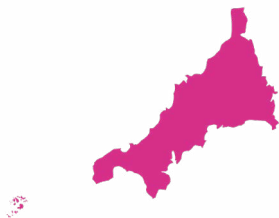
About Safer Futures?



We can help if you have experienced domestic abuse or sexual violence.



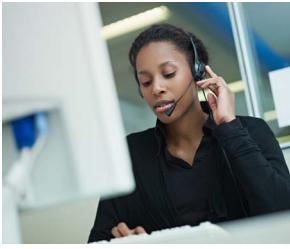
We support children, young people, women and men.



We can help you if you live in Cornwall or Isles of Scilly.



We can help you to make a plan and to get safe.



We also help you to get support from the right people.



You can call our helpline
 **0300 777 4 777**

The helpline is open on:



Monday - Friday
9am till 9pm



and **Saturday**
9am - 5pm



If we do not answer your call please leave a message telling us a safe telephone number.

Contact us



Phone
0300 777 4 777



Email
saferfutures@firstlight.org.uk



Website
www.saferfutures.org.uk



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