



**Llinell Gymorth Live Fear**  
**Byw Heb Ofn Free Helpline**

**0808 80 10 800**

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call • text • live chat • email

# Here for you...

Getting help to recover from abuse is possible at any stage of life

Sometimes it can take us a while to understand that we have been abused. Sometimes we're just not ready to talk about it. It can be hard to know where to go for help.

It's normal to be worried about who to talk to and what will happen. But you're not alone. There is support out there to help you.

Reach out when you're ready - it's never too late. There are services for adults as well as young people and children, and they will help you no matter when the abuse happened.



Llywodraeth Cymru  
Welsh Government



Cymorth i Ferched Cymru  
Welsh Women's Aid



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## Things to remember:

- What happened was not your fault.
- It's Ok to ask for help.
- You're not alone - there is someone who can listen.
- You can reach out when you're ready - it's never too late.
- You're in charge: services won't pressure you into saying more than you are comfortable with.

## Where can I get help?

The **Live Fear Free Helpline** is available for free, 24 hours a day, 7 days a week if you have experienced domestic abuse, sexual violence or other forms of violence against women, or are worried about a friend, relative or someone else who has experienced any form of violence or abuse. You can:

- **Call: 0808 80 10 800**
- **Webchat: Live Fear Free**
- **Text: 0786 007 7333**
- **Email: info@livefearfreehelpline.wales**

Support is available in Welsh and English as well as any other languages using LanguageLine.

Text phone users can contact us via Type Talk on 18001 0808 80 10 800

Callers are guaranteed a friendly, supportive and understanding response by our experienced team, who can discuss your concerns and provide help, support and information. You won't be judge you, or blamed and you don't have to be ready to take any action.

The Helpline staff can talk to about what services are available locally to you, help you with referrals or you can just talk to them about how you feel.

It doesn't matter when the abuse or violence happened, you can call the helpline at a time that is right for you.



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