



Is there someone in your life whom you fear and you do not know who to turn to?



Does someone in your life stop you doing what you want to do?



Does anyone hurt you?

Does someone in your life stop you using your own money?

We are here to listen to you and support you. Please speak to a member of staff

We may need to contact other people who can also help you but we will let you know



**You can also call these numbers: [Monday to Friday](#)
[9am to 5pm](#) Bromley [020 8313 9303](#)**

Bexley [0808 802 5565](#) Greenwich [020 8317 8273](#)

For a [24 hour service, 7 days a week](#), please call [0808 2000 247](#).