

www.nestlancashire.org

Crime, bullying and harassment come in many forms. If you have experienced:

- bullying or online bullying
- · emotional or psychological abuse
- · grooming and sexual exploitation
- sexual abuse

- violence
- · controlling and coercive behaviour sexting
 - · criminal damage or theft

we're here to help you get back on your feet.

Call: 0300 111 0323 Text NEST and your number to 60777 **Email:** info@nestlancashire.org









