

# They must be a saint, caring for you when you're disabled?



**If you're suffering any form of physical or emotional abuse you are not alone and help is available. Tell someone you trust or call 101.**

Support and contact information is available on [www.reducingtherisk.org.uk](http://www.reducingtherisk.org.uk). If you are deaf, hard of hearing or speech impaired and calling from a textphone dial 18001 followed by the full telephone number on the website.

