


**8am: leaving for work**  
**8.30am: realising you have left your mobile phone at home**  
**8.31am: realising your girlfriend has already read all of your text messages**  
**8.32am - 4.59pm: knowing you will go home to accusations, arguments, name-calling, physical confrontations, screaming, broken belongings, spitting...**

**Domestic violence and abuse is a crime**

 **Broken Rainbow LGBT**

**Domestic Violence helpline**

**0300 999 1GBT (5428)**

**Funded by:**  Home Office  
DEPARTMENT OF JUSTICE

**Supported by:**



Broken Rainbow is a registered charity no. 1103624. 0300 calls are the same price to ring as 01/02 landlines & included as part of any inclusive call minutes \*Model shown is for representative purposes only and is in no way connected to the narrative above.