

A woman with blonde hair tied back, looking out a window with a thoughtful or concerned expression. The background is a soft-focus view of a window with blinds.

**#NoExcuseForAbuse**

**If you are  
scared at home,  
there is help**

Support is there for you:

**[www.noexcuseforabuse.info](http://www.noexcuseforabuse.info)**

National helpline: **0808 2000 247**

**Call 999 in an emergency**

Birmingham & Solihull helpline: **0808 800 0028**

Black Country helpline: **0121 552 6448**

Coventry helpline: **02476 444077**

Wolverhampton helpline: **08000 194 400**



**west midlands**  
police and crime  
commissioner