

# Are you on the edge?

Are you struggling to cope due to:

- Financial pressure
- Job insecurity
- Lockdown pressures
- Lack of contact with your children
- Tension in the relationship
- Parental challenges

It is not acceptable to be abusive towards your family.

**Things can change for the better.**

For support and to find new coping methods contact RESPECT on 0808 802 4040 or [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)