

- Are you regularly hungry?
- Do you have a warm bed to sleep in?
- Do you ever have to scavenge for food?
- Do you feel physically or mentally abused?
- Do you have access to clean water and toilet facilities?
- Do you have suitable, warm clothes?

Victims of modern slavery are often housed in poor conditions with no access to hygiene facilities. **Talk to your line manager**, they are ready to give you support and advice. Or **call the Modern Slavery Helpline** as soon as you can on **08000 121 700** – it's free and confidential.

