

# Are you free?



- Do you have your passport and bank cards available to you?
- Are you able to travel and move around freely?
- Can you visit the shops, meet your friends and have contact with your family?
- Do you have access to food and drink?

Victims of modern slavery are not able to live freely, enjoy life and access what they need. **We can help** you. **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.

