

Do you feel safe?



- Do you regularly feel afraid and anxious?
- Are you able to travel and move around freely?
- Is there someone who controls you?
- Do you feel physically or mentally abused?
- Does someone threaten you or family members with violence?
- Can you access medical care?

Victims of modern slavery are often physically and mentally abused. **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.

