

Are you a  
**man**  
suffering from

**domestic abuse?**

**You are not alone**

**One in every five men will experience  
domestic abuse in their adult lifetime**



**Please call our helpline to speak to one of our dedicated team  
who provide a specialist listening and signposting service.  
You can also visit our website [www.mankind.org.uk](http://www.mankind.org.uk) for more  
information and to access our Directory of Services**

**Freephone 0808 800 1170**

**Local rate 01823 334244**

**[www.mankind.org.uk](http://www.mankind.org.uk)**

**ManKind**  
Initiative

