



# There's **no excuse** for abuse

If you're in an abusive relationship,  
these organisations can help you:

## Help and support

### **Blackburn with Darwen**

The Wish Centre

**01254 260465**

[thewishcentre.org](http://thewishcentre.org)

### **Blackpool**

Fylde Coast Women's Aid

**01253 596699**

[fcwa.co.uk](http://fcwa.co.uk)

### **Lancashire**

Lancashire Victim Services

**0300 323 0085**

[lancshirevictimservices.org](http://lancshirevictimservices.org)

## Emergency accommodation

### **Safenet/Lancashire Refuges**

**0300 303 3581**

[lancashirerefuges.org.uk](http://lancashirerefuges.org.uk)

**#noexcuseforabuse**

[www.noexcuseforabuse.co.uk](http://www.noexcuseforabuse.co.uk)