

Mothers' Union's 16 Days of Activism

Display a RISE UP poster in your church

Please print one of the Rise-Up posters and display them at your church. The local helpline number for Leicester, Leicestershire and Rutland that you need to add to the poster is: **0808 802 0028**.

This is for a Helpline run by the organisation, FREEVA.

People can also text FREEVA on **07715 994 962**.



- Control who you see and where you go
- Monitor your social media
- Criticise you and put you down
- Humiliate you
- Punch walls or break things
- Take out loans or credit cards in your name

Your local helpline number is:-

Call 0808 802 0028

Text 07715 994 962

Mothers' UNION
Christian care for families

In an emergency situation call 999



<https://freeva.org.uk/>



To find out more, please visit:

www.mothersunion.org/MUGlobalDay