

Safe Spaces



is an independent and confidential support service for adults who have been abused by someone in the Church.

If you have been affected, however long ago, Safe Spaces can support you.

Call our free helpline

 **0300 303 1056**

 **safespaces@firstlight.org.uk**

Opening hours
Mon- Fri- 9am-9pm
Sat- 9am-1pm
Sun- 1pm-5pm



WWW.SAFESPACESENGLANDANDWALES.ORG.UK