



# Your relationship Your family

**It's in your hands**

If you are worried about your behaviour  
towards your partner and would like to change,  
help is at hand.

[www.westyorkshire.police.uk/inyourhands](http://www.westyorkshire.police.uk/inyourhands)

**Respect**

Freephone 0808 8024040  
or Email: [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk)  
[www.respect.uk.net](http://www.respect.uk.net)

The Respect Phoneline is a confidential helpline, email and web service  
for perpetrators looking for help to stop domestic abuse



**Tracy Brabin**  
Mayor  
of West Yorkshire



**WEST YORKSHIRE**  
**POLICE**