

# Domestic abuse can leave you feeling isolated

Don't deal with it alone: Ask Marc.

If you want to talk  
about male domestic  
or sexual abuse call:

**0121 289 6402**

Support available for men  
in the Black Country.

ask:  
marc

For more info visit: [askmarc.org.uk](https://askmarc.org.uk)  
or email: [info@askmarc.org.uk](mailto:info@askmarc.org.uk)

