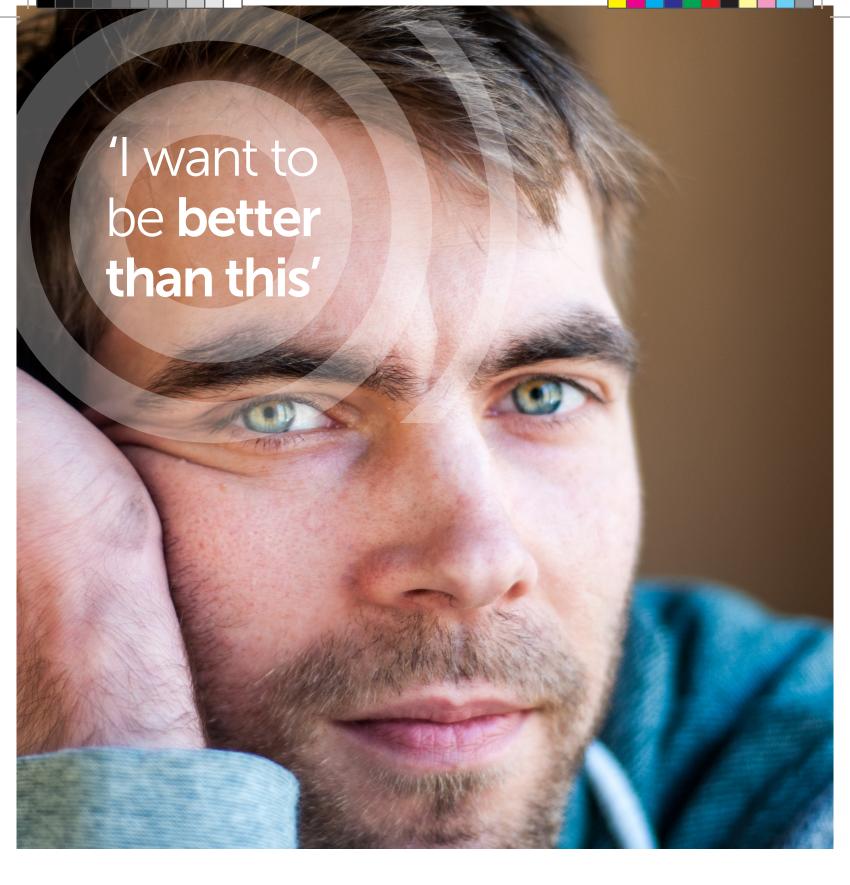
## 'l want to be **better than this**'

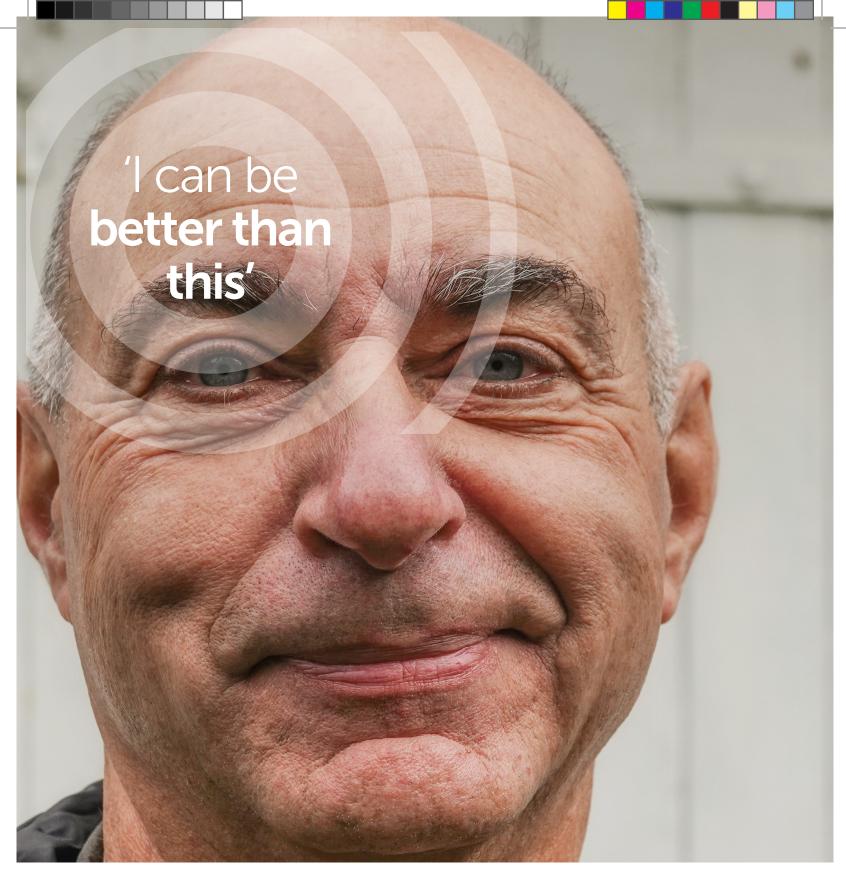
If your behaviour is causing a problem at home, things can get better. Call the Men's Referral Service for free, confidential, 24/7 advice and support.





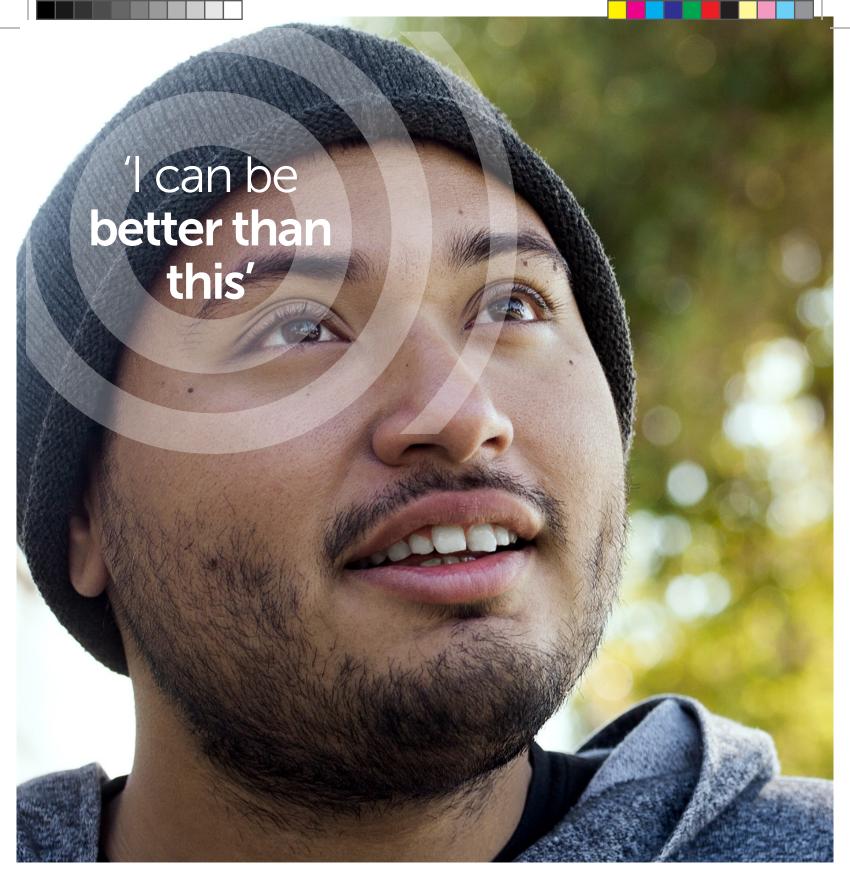
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**It takes strength to reach out for help.** If your behaviour is causing a problem for those you love, call the **Men's Referral Service** for free, confidential, 24/7 advice and support.





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## 'My children deserve **better** than this'

If your behaviour is affecting your kids, there's support out there to help you be a better dad. Call the Men's Referral Service for free, confidential, 24/7 advice and support.



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## 'It should be **better than this**'

Violence and abuse don't have to be part of family life.

If you're witnessing or have a friend who's using violence, call the **Men's Referral Service** for free, confidential, 24/7 advice and support.





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'Together, we can make things **better than this'** 

The Men's Referral Service is here to partner with you to help end men's family violence. Call for more information or to refer men using violence for free, confidential, 24/7 advice and support.



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