

Are you **here for you?**

I came here to get strong.

But I still have to check my phone between sets.
I still have to watch the clock. I still have to make
sure I only talk to the right people. I still have to
brace myself for the mood I’m going home to.

I can lift more than I could last year.
But I still can’t put that weight down.

Control breaks even the strongest.

Are you here for you?

If not, support is here for you.

Ask a member of staff about Herts Sunflower
or scan the QR code.

Made in partnership with
the Herts Domestic Abuse
Co-Production Panel.