

Support for adults, young people and children affected by Domestic Abuse.



✉ befree@p-a-c.org.uk
☎ Helpline: 01282 726 000
📞 Text/Whatsapp:
07543 646 959 (Pendle)
07860 702 696 (Rossendale)

💬 Live chat: www.p-a-c.org.uk
🌐 www.p-a-c.org.uk
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Be Free is managed by PAC | Registered Charity Number 1088536 | Company by Limited Guarantee 04167948



Be Free was formerly known as




Be
free

Support for
people affected by
Domestic Abuse.


BE FREE
SUPPORTS PEOPLE
IN PENDLE &
ROSSENDALE
AFFECTED BY
DOMESTIC ABUSE

Be Free provide access to confidential advice and support in Pendle and Rossendale. Empowering people to be Be Free from abuse, harm, manipulation, upset, distress, control, fear, isolation, violence, harassment, stalking and violation - supporting people to live safe and independent lives.

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 Positive
Action in the
Community

Be Free was formerly known as

