



# ( SAY IT OUT LOUD )

**Do you need information or support for sexual assault or an abusive relationship?**

The national Say It Out Loud website has information about how to recognise abuse and how to get help. The website includes a quiz to help you decide if you are in an abusive relationship, a service & support finder and much more.

**Check it out now at [sayitoutloud.org.au](https://sayitoutloud.org.au)**

