

Livia* talks about her experiences living in a domestic abusive relationship and how [First Light](#), a charity supporting people in Cornwall, Devon and Wiltshire who have been affected by domestic abuse and sexual violence, supported her on the road to recovery.

You are not alone

- [First Light](#) exists to help anyone living in Cornwall, Devon and Wiltshire who is experiencing or has experienced sexual abuse or domestic violence, regardless of age, gender, or sexual orientation. Their helpline - 0300 777 4777 - is open 9am - 9pm Monday - Friday, and 9am - 5pm on Saturdays.
- [Women's Aid](#) is a grassroots federation working together to provide life-saving services in England and build a future where domestic abuse is not tolerated.
- The free and confidential [National Domestic Abuse Helpline](#) is available 24 hours a day. Run by [Refuge](#), the largest domestic abuse organisation in the UK, a team of highly trained female advisors are on call to empower you to understand your options and support you to make any decisions about the future.

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