# **Social Media Posts**

**Post 1**

Any Man Can…be a victim of domestic abuse.

You are not alone. Help and support is available.

If you experience any form of domestic abuse or know someone who is, take a look at the info below and contact one of the services in RCT, Merthyr or Bridgend.

#AnyManCan

#LiveFearFree

#YouAreNotAlone

**Post 2**

* One in six men will experience domestic abuse in their lifetime.
* Over 500,000 men each year suffer abuse from their partners.
* One man every two weeks is killed by a current or former partner.

Any Man Can…can be a victim of domestic abuse.

Any Man… can access support.

#AnyManCan

#LiveFearFree

#YouAreNotAlone

**Post 3**

If you're a victim of domestic abuse or domestic violence, you're not alone, we're here to help.

For many men, contacting services is the first step they have made in talking to someone else about the problems they face.

Whether it's information you want or emotional support, please get in touch.

#AnyManCan

#LiveFearFree

#YouAreNotAlone