



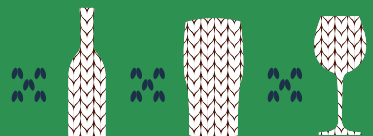
DO YOU KNOW YOUR LIMITS?

PRE-LOADING BEFORE A NIGHT OUT
AND DRINKING EXCESS AMOUNTS OF
ALCOHOL CAN LEAD TO AN INCREASE
IN ANTISOCIAL BEHAVIOUR AND
VIOLENCE.

DON'T LET THIS CHRISTMAS
BE ONE OF REGRETS.



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IS IT 'JUST THE DRINK'
OR 'JUST A BAD DAY'?
WILL YOU SAY IT WON'T
HAPPEN AGAIN?

DOMESTIC ABUSE IS NEVER OKAY.
CHANGE STARTS NOW. GET HELP.
VISIT WWW.WESTMERCIA.POLICE.UK



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