

# harassed?

Prolonged harassment can lead to serious health problems, including depression. You don't have to put up with this type of behaviour.

COMBATING BULLYING & HARASSMENT

**Confidential Support Line**  
UK 0800 731 4880  
Germany 0800 1827 395  
Cyprus 800 91065  
Falklands #6111  
World 0044 1980 630 854  
Paradigm \*201 + PIN  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

The **Confidential Support Line** is independent of the Army's Chain of Command and is staffed by trained civilians.

