

IF YOU

are not allowed to have your identification documents

are not allowed to leave your accommodation or place of work freely

are being controlled by others

have been deceived with regards to visa fees and being forced to pay back large amounts of money to pay for visa and travels costs

are being forced to pay charges to others in order to keep your job and/or accommodation

live in accommodation that is cold, damp, unclean and poorly equipped

are working longer hours than you expected, at all hours of the day and night or are not receiving the pay or hours you were expecting and are facing destitution

do not have adequate breaks and days off

do not feel safe

have experienced violent or verbal threats

are feeling isolated, lonely and scared



IF
YOU

have experienced any of the statements listed, please contact as soon as possible:

The Modern Slavery Helpline on 08000 121700 run by the charity Unseen. You can report anonymously if you prefer.

In an emergency, please call the Police on 999

