

**Are
you
free?**



- Do you have your passport and bank cards available to you?
- Are you able to travel and move around freely?
- Can you visit the shops, meet your friends and have contact with your family?
- Do you have access to food and drink?

Victims of modern slavery are not able to live freely, enjoy life and access what they need. [We can help](#) you.

[Talk to your line manager](#), they are ready to give you support and advice.

Or [call the Modern Slavery Helpline](#)
as soon as you can on [08000 121 700](#) – it's free and confidential



<https://www.talentboutiquesolutions.co.uk/>

The background of the image features several tall, slightly wobbly stacks of coins, likely US pennies, arranged in a row. The coins are copper-colored and show some signs of wear. The lighting is warm and focused on the stacks, creating a soft glow. In the foreground, a few coins are scattered on a reflective surface, which shows some blurred reflections of the stacks behind them.

**Do you have
access
to your
money?**

- Do you know how much you get paid?
- Do you have access to your money?
- Are your bank cards available to you?
- Does anyone try to control you, saying you owe them money?
- Do you have to pay anyone for work?
- Did you have to pay to come to the UK

Victims of modern slavery often do not have access to their own money.
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A modern living room with a blue sofa, a wooden armchair, a glass coffee table, and large windows. The room features white brick walls, a wooden floor, and a patterned rug. A guitar is leaning against the wall, and a floor lamp is visible. The text "Are you living in comfort?" is overlaid on the image.

Are you living in
comfort ?

- Are you regularly hungry?
- Do you have a warm bed to sleep in?
- Do you ever have to scavenge for food?
- Do you feel physically or mentally abused?
- Do you have access to clean water and toilet facilities?
- Do you have suitable, warm clothes?

Victims of modern slavery are often housed in poor conditions with no access to hygiene facilities.

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**Do
you
feel
safe?**

- Do you regularly feel afraid and anxious?
- Are you able to travel and move around freely?
- Is there someone who controls you?
- Do you feel physically or mentally abused?
- Does someone threaten you or family members with violence?
- Can you access medical care?

Victims of modern slavery are often physically and mentally abused.
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