

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 already to give you support and advice.

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





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 photograph of a cozy living room. On the left, a dark wooden armchair with vertical slats is draped with a black and white patterned throw blanket. In the center, a long, low-profile blue velvet sofa with two yellow pillows is positioned. A guitar stands vertically against the white brick wall behind the sofa. A white rectangular coffee table with a glass top and a metal frame sits in front of the sofa, holding a few small items. To the left of the sofa, a dark wood coffee table with a glass top sits on a patterned rug. In the background, there are two windows: one on the left with a potted plant on the windowsill and one on the right showing a brick building across the street. A lamp sits on a shelf with books in the background.

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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