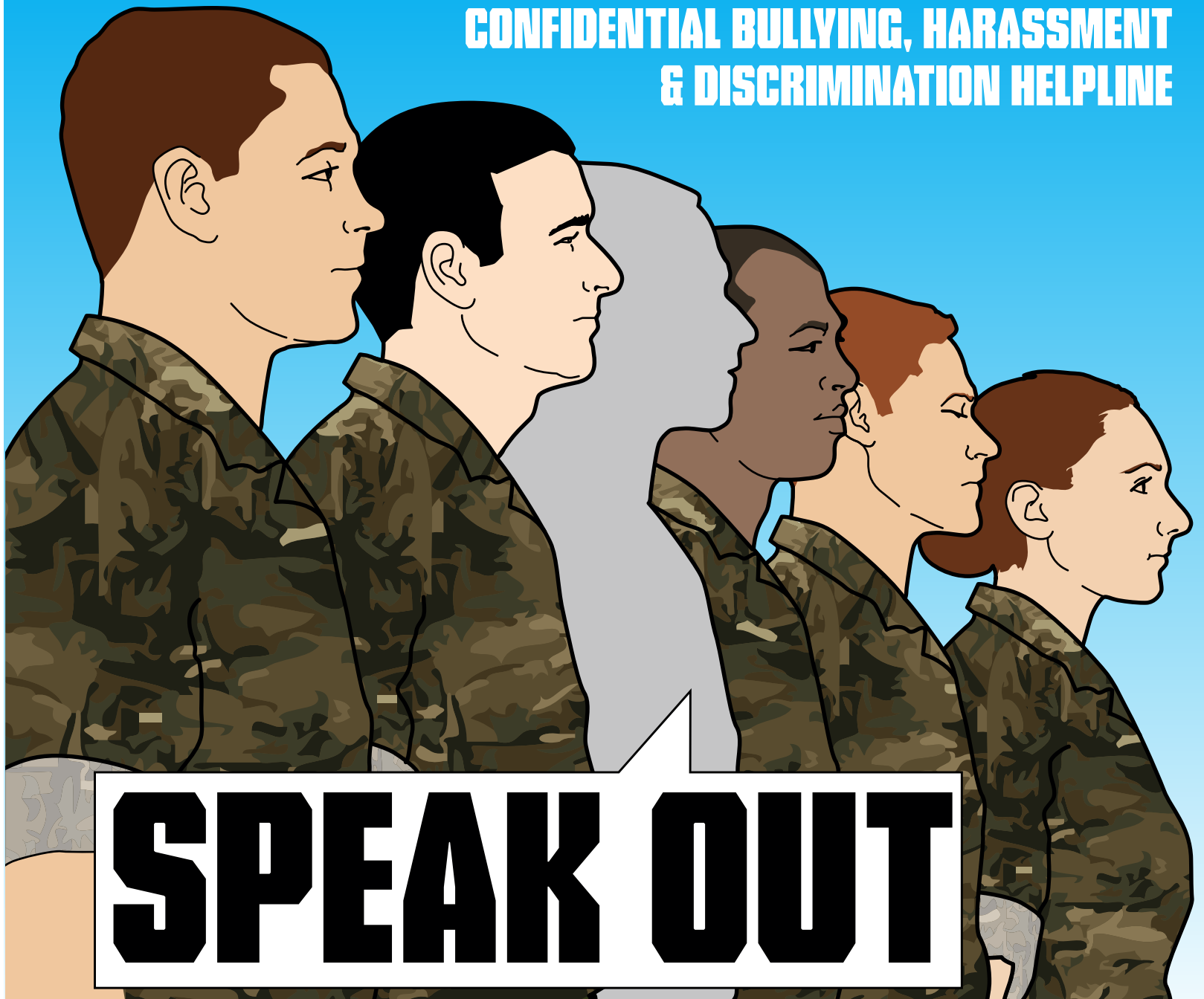


# CONFIDENTIAL BULLYING, HARASSMENT & DISCRIMINATION HELPLINE



# SPEAK OUT

Everyone has the right to be treated fairly and with respect. If you feel that you are not being dealt with fairly, are being bullied or harassed or if you notice unfair treatment of others speak to your chain of command or your Equality and Diversity Adviser.

**If you are not content with how you are being treated  
or need advice on how to respond to or deal with a complaint  
speak to the Army's Bullying Harassment and Discrimination Team on**

**0306 7704656\*** (civ) or **96770 4656** (mil)

or email [Army-SpeakOut@mod.gov.uk](mailto:Army-SpeakOut@mod.gov.uk)

**Your call will be dealt with in confidence**