

What is Domestic Abuse?

Domestic abuse isn't just physical violence. It can include patterns of behaviour that control, frighten, or harm.

You might be experiencing domestic abuse if your partner regularly:

- ✓ Tries to control where you go, who you see, or what you do.
- ✓ Puts you down, insults you, or makes you feel worthless.
- ✓ Makes you feel afraid of how they might react.
- ✓ Blames you for things that go wrong or for their own behaviour.
- ✓ Checks your phone, emails or social media without permission.
- ✓ Controls money or access to essentials (food, transport, medication).
- ✓ Forces or pressures you into sexual activity.
- ✓ Damages property or threatens to hurt you, pets or loved ones.
- ✓ Stops you seeing friends, family or support networks.

Important reminder:

- Abuse is never your fault.
- You deserve support, safety and respect.
- If any of this feels familiar, you don't have to cope alone – support is available.

If you, or someone you know, is experiencing domestic abuse, contact one of the following (UK-based):

- ➔ Refuge: 0808 2000 247 (UK, 24/7 helpline)
- ➔ Women's Aid: www.womensaid.org.uk
- ➔ Men's Advice Line: 0808 801 0327
- ➔ Galop (LGBT+): 0800 999 5428
- ➔ A trusted professional

Other useful contacts are listed here:

www.beckystokes-counsellor.co.uk/useful-contacts

**If you, or someone you know, is in immediate danger,
please contact the police on 999 (UK)**