

Are you experiencing domestic abuse?

Feeling frightened by a partner, ex-partner or family member? Then you may be experiencing domestic abuse. It can happen to people of any age, regardless of gender or sexuality.

Have you ever experienced any of the following from your partner or family:

- Controlled what you eat, drink, your medication
- Controlled who you see, stopping you from seeing friends or family or criticising them frequently
- Stopped you from attending appointments
- Criticised you, calling you names, humiliating or embarrassing you
- Made you feel useless and worthless
- Calling you 'mad' or 'crazy'
- Blackmailed you
- Threatened suicide to make you feel guilty
- Forced you into marriage
- Pushing/pinching/slapping/punching
- Pulling or cutting your hair
- Put hands around your throat
- Locked you inside
- Pressured/forced you to use drugs or alcohol
- Pressured/forced you to have sexual or intimate contact
- Taken/controlled your money
- Prevented you from earning money
- Forced you to work more than you want to
- Forced you to steal
- Bribed you
- Threatened to take your children
- Told you it was your fault



You do not have to be experiencing all of these, the behaviours are different in every situation and can change over time.

If you are experiencing any of these, or any other form of abuse, then please contact our helpdesk for practical local support.



gdass.org.uk

Our helpdesk is open 9am-5pm, Monday to Friday:

 **01452 726 570**

 **support@gdass.org.uk**

24-hour
National Domestic
Violence Helpline
0808 2000 247