

Every 2 minutes, someone turns to Refuge for help

1 in 4 women will experience domestic abuse in their lifetime.

And many women experience domestic abuse without ever being physically harmed. Sometimes it's tricky to know whether your experiences, or those of someone you love, qualify as abuse. We've come up with this list of questions to help you begin to spot the signs of abusive behaviour:

Is your partner...

- Jealous and possessive?
- Are they charming one minute and abusive the next?
- Do they tell you what to wear, where to go, who to see?
- Do they constantly put you down?
- Do they play mind games and make you doubt your judgement?
- Do they control your money, or make sure you are dependent on them for everyday things?
- Are you starting to walk on eggshells to avoid making them angry?
- Do they control your access to medicine, devices or care that you need?
- Do they monitor or track your movements or messages?
- Do they use anger and intimidation to frighten and control you?

If you are experiencing signs of abuse, Refuge can support you.

If you need support call the 24-Hour Helpline on:

0808 2000 247

Live Chat service Mon – Fri, 10am – 10pm:

www.nationalDAhelpline.org.uk/chat-to-us-online/

BSL service Mon – Fri, 10am - 6pm:

www.nationalDAhelpline.org.uk/bsl

