



## Am I experiencing **domestic abuse?**

### **Does your partner:**

- isolate you from friends and family?
- deprive you of food or heating?
- monitor your time?
- check up on what you do online?
- take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
- stop you from getting medical help or support?
- repeatedly put you down, such as saying you're worthless?
- humiliate or degrade you?
- control your money and access to your home?
- make threats or intimidate you?

If you answered yes to one or more of the above questions, then you may be experiencing domestic abuse.

**women's aid**  
until women & children are safe

# If you or a friend **need help**

You're not alone. We are here to listen. Speaking out about domestic abuse can be really hard. Please don't suffer in silence. We can offer confidential, non-judgemental support:



Connect to one of our expert female support worker with our instant messaging service.  
**[chat.womensaid.org.uk](https://chat.womensaid.org.uk)**



Send an email to one of our support workers.  
**[helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)**



Share your experiences and get support in a safe online space at our Survivors' Forum.  
**[survivorsforum.womensaid.org.uk](https://survivorsforum.womensaid.org.uk)**

If you are ever in immediate danger, **always call the police on 999**