



If something **doesn't feel right** in your relationship, it probably isn't.

If your behaviour has changed because of how your partner treats you or your children, this can be the sign of an unhealthy or controlling relationship.

You're not alone. We will never judge you or what you say.

Talk to other women

Share your experiences and get support in safe online space

 survivorsforum.womensaid.org.uk

Talk to us

 chat.womensaid.org.uk

 helpline@womensaid.org.uk

www.womensaid.org.uk

Women's Aid is a registered charity in England No.1054154.

women's aid
until women & children are safe