

“BUT THEY’VE NEVER HIT ME”

Domestic abuse can take many forms - emotional, psychological, economic, sexual and physical. Is your partner, ex, or family member:

- Constantly calling, messaging, emailing or demanding you share your location?
- Demanding you respond instantly?
- Monitoring your calls/emails/social media?
- Controlling who you socialise with/talk to?
- Isolating you from your family and friends?
- Preventing you attending appointments or work, or insisting on coming with you?
- Calling you names, or criticising you?
- Making you feel worthless?
- Calling you mad or crazy?
- Telling you everything is your fault?
- Controlling your access to essentials like food, medication and hygiene products?
- Damaging your possessions?
- Taking/controlling your money or possessions?
- Locking you in a building or vehicle or preventing you leaving a room?
- Pressuring/forcing you into sexual activity?
- Sending, or threatening to send, intimate images of you?
- Pressuring you to have sex when you don't want to, or insisting on rough sex?
- Pulling or cutting your hair?
- Restricting your breathing?
- Threatening to take your children, or have your children removed?
- Threatening to harm you, your children or your pets?

TALK TO US IN CONFIDENCE

CALL 01452 726570 **EMAIL** SUPPORT@GDASS.ORG.UK **VISIT** WWW.GDASS.ORG.UK

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**SUPPORTING VICTIMS
OF DOMESTIC ABUSE**