



# IT HAPPENS HERE TOO...

**Domestic abuse is just as common in rural areas as in cities, but people often don't recognise the signs. Is a partner, ex or family member:**

- Controlling who you socialise with or talk to?
- Isolating you from your family and friends?
- Preventing you from attending appointments/work, or insisting on going with you?
- Calling you names, constantly criticising you, humiliating or making fun of you?
- Making you feel worthless or useless?
- Calling you mad or crazy?
- Threatening suicide to make you feel guilty/stop you leaving?
- Controlling what you eat/drink/medication/personal hygiene products?
- Locking you in a building or vehicle?
- Pressuring/forcing you to into sexual activity, drug or alcohol use?
- Taking/controlling your money or possessions?
- Threatening to take your children?
- Pulling/cutting your hair?
- Physically assaulting you, including spitting and pinching?
- Restricting your breathing in any way?
- Threatening to harm you, your children or your pets?
- Sending, or threatening to send, intimate images of you?
- Telling you the abuse is your fault?

## YOU ARE NOT ALONE

If you are concerned about your own or someone else's situation, contact **GDASS** for advice and support.

**GDASS** SUPPORTING VICTIMS  
OF DOMESTIC ABUSE



**01452 726570**



**support@gdass.org.uk**



**gdass.org.uk**