



**RISE
UP**
against
domestic
abuse

Does your partner:

- Control who you see and where you go
- Monitor your social media
- Criticise you and put you down
- Humiliate you
- Punch walls or break things
- Take out loans or credit cards in your name

Your local helpline number is:-

Mothers' UNION
Christian care for families

Help is available.

Scottish Women's Aid 0800 027 1234



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