



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:-



Help is available.

The freephone, 24-hour National Domestic Abuse Helpline: **0808 2000 247**



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