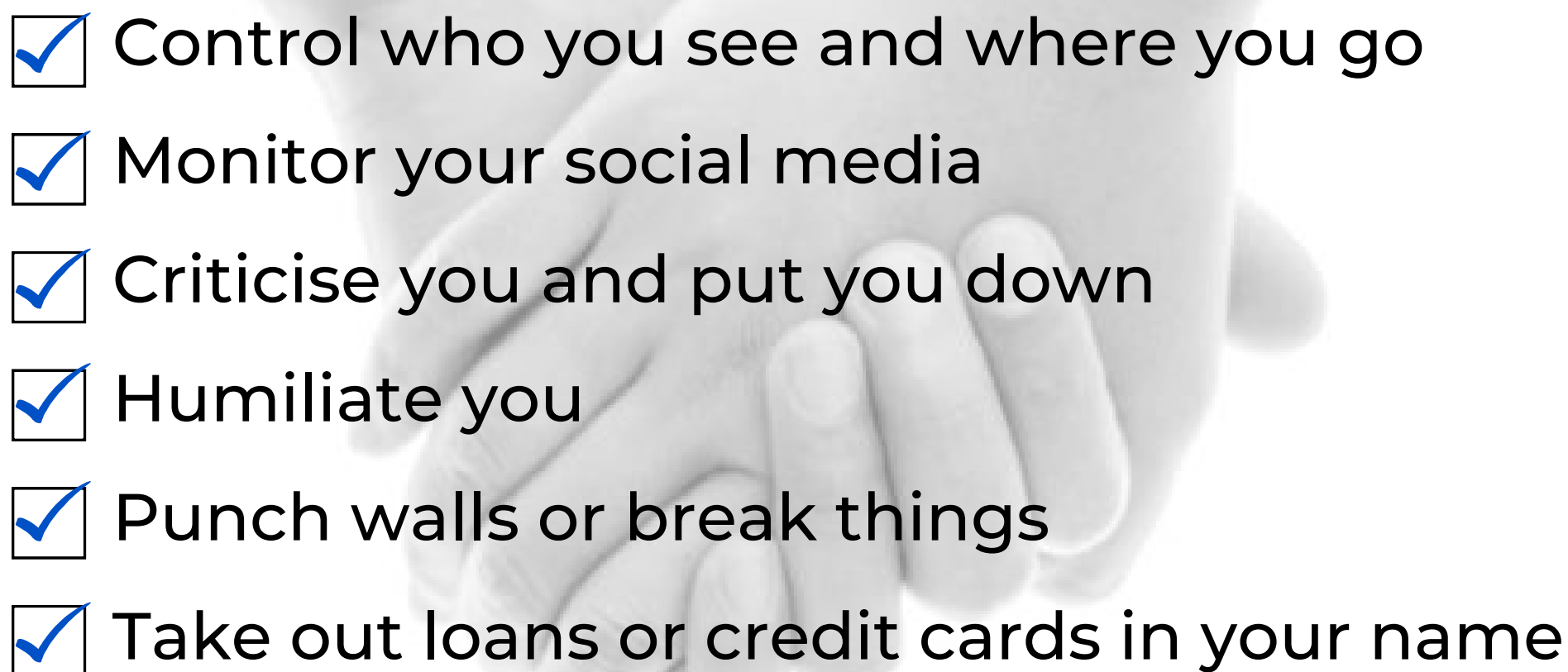
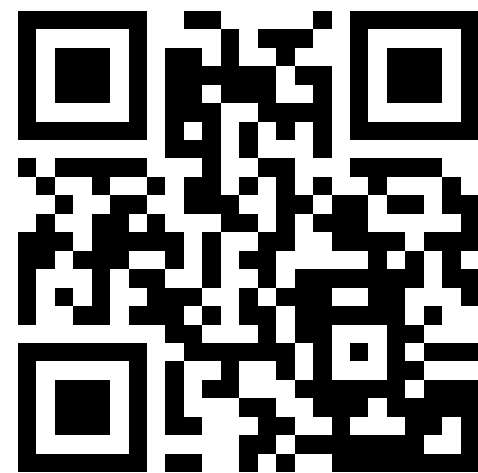


- 
- ☒ Control who you see and where you go
 - ☒ Monitor your social media
 - ☒ Criticise you and put you down
 - ☒ Humiliate you
 - ☒ Punch walls or break things
 - ☒ Take out loans or credit cards in your name

Your local helpline number is:



Help is available.

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

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