

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.
Call the Domestic & Sexual Abuse
Helpline on **0808 802 1414**



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