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**It can be easy to miss the signs of a coercive, abusive relationship. I didn't know the signs, but I want to make sure that other women do. Please know there is help if you need it.**

**Mel B, patron of Women's Aid**

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### **Does your partner:**

- isolate you from friends and family?
  - deprive you of food or heating?
  - monitor your time?
  - check up on what you do you online?
  - take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
  - stop you from getting medical help or support?
  - repeatedly put you down, such as saying you're worthless?
  - humiliate or degrade you?
  - control your money and access to your home?
  - make threats or intimidate you?
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## **You are not alone**

Support is available at: [\*\*www.womensaid.org.uk\*\*](http://www.womensaid.org.uk)



**women's aid**  
until women & children are safe