

Recognising Domestic Abuse

Are you (or someone you know) ...

- Isolated from friends and family, told who you can see and who you can't?
- Hurt or threatened with violence?
- Experiencing sexual coercion?
- Having your time monitored, questioned and controlled?
- Deprived of food, money or medication?
- Denied the ability to leave or access your home?
- Monitored through online or phone activity or have your whereabouts and movements tracked without permission?
- Not allowed to worship or forced to worship against your will?
- Experiencing public or private shaming or threat of shaming?

You are not alone

If in immediate danger call 999

National Domestic Abuse Helpline 0808 2000 247



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