

# RELATIONSHIPS SHOULDN'T HURT

Domestic abuse comes in many forms and can be committed by a partner, ex-partner or family member.

## IS THIS FAMILIAR?

I'M BEING TOLD WHAT TO WEAR

I'M BEING STOPPED FROM SEEING MY FRIENDS

I'M ISOLATED

I DON'T HAVE CONTROL OF MY OWN MONEY

WHEN I'M PHYSICALLY HURT, I'M TOLD I'M TO BLAME

I'M BEING STALKED ON SOCIAL MEDIA

THEY THREATEN TO 'OUT' ME TO MY FAMILY

I'M UNDER THEIR CONTROL

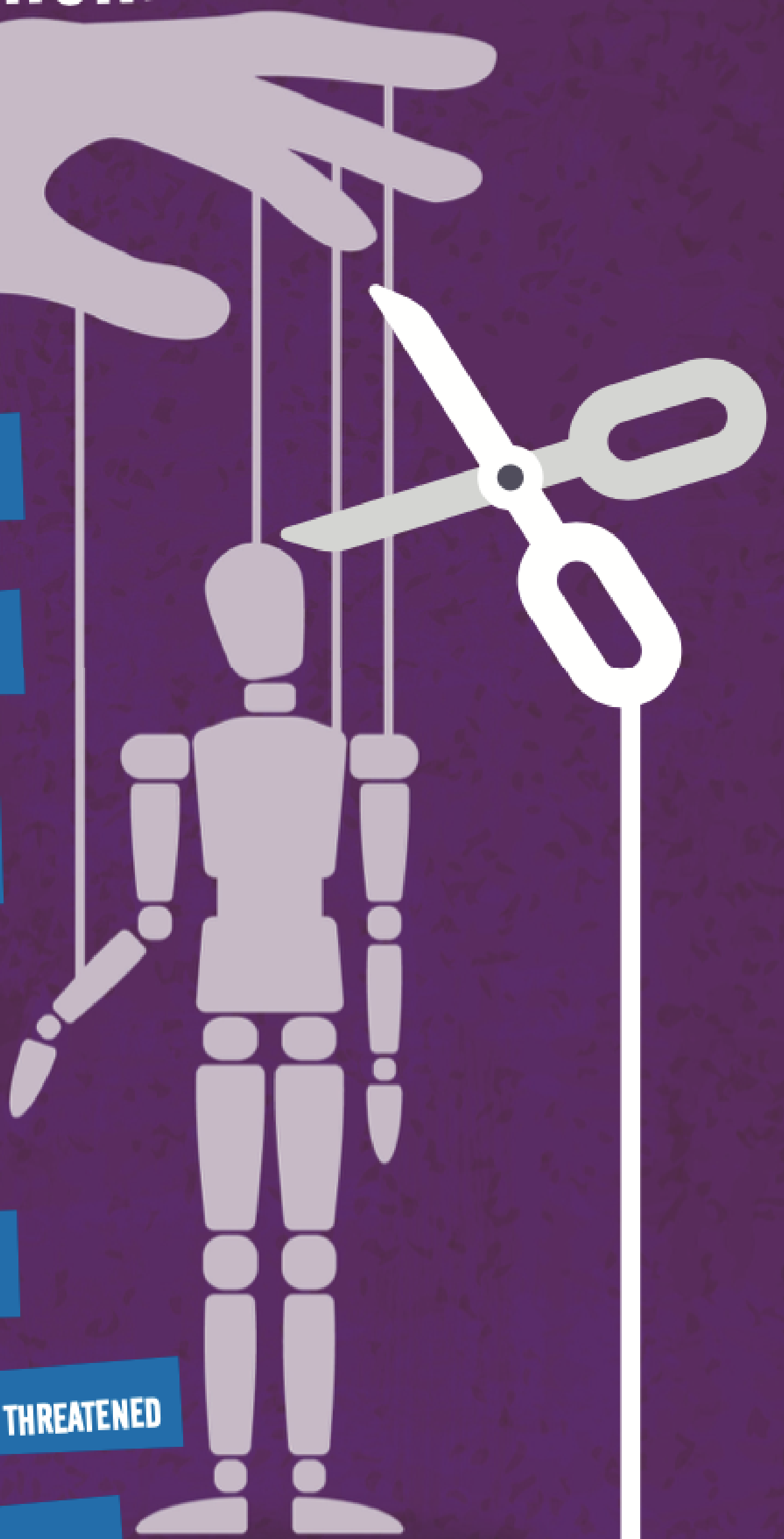
I'M OLDER AND FEEL I'M BEING EXPLOITED BY MY FAMILY

I'M SUBJECT TO EMOTIONAL BLACKMAIL

MY CHILDREN ARE THREATENED

INTIMATE CONTACT IS NEVER MY CHOICE

I FEEL SCARED WHEN I'M AT HOME.



## YOU ARE NOT ON YOUR OWN

### Help is at hand...

If you identify with what you've read, or know somebody who you think needs help, you can contact the on National Domestic Abuse Helpline on 0808 2000 247, it's open 24/7

More information about local support services can be found on the Bedfordshire Domestic Abuse Partnership website [bedsdv.org.uk](http://bedsdv.org.uk)

If you feel immediate danger, call the police on 999



Central  
Bedfordshire

BEDFORDSHIRE  
DOMESTIC  
ABUSE  
PARTNERSHIP

IT DOESN'T HURT  
TO ASK FOR HELP!