

How to help someone

- ☐ Listen without judgment
- ☐ Believe them and validate their feelings
- ☐ Help them develop a safety plan
- ☐ Provide information about resources
- ☐ Don't pressure them to leave
- ☐ Stay in touch and be patient
- ☐ Encourage them to seek professional support.
- ☐ Domestic abuse is never the victim's fault
- ☐ Leaving an abusive relationship can be dangerous - professional help is recommended
- ☐ Abuse often escalates over time

Online Safety

If you're researching domestic abuse online, use a safe computer that the abuser doesn't have access to.

Consider using a public library or a friend's computer. Clear your browser history or use private browsing mode.

Bill of Rights

- I have the right to be me.
- I have the right to put myself first.
- I have the right to be safe.
- I have the right to love and be loved.
- I have the right to be treated with respect.
- I have the right to be human - not perfect.
- I have the right to be angry and protest if I am treated unfairly or abusively by anyone.
- I have the right to my own privacy.
- I have the right to my own opinions, to express them and be taken seriously.
- I have the right to control my own money.
- I have the right to ask questions about anything that affects my life.
- I have the right to make decisions that affect me.
- I have the right to grow and change (and that includes changing my mind).
- I have the right to say NO.
- I have the right to make mistakes.
- I have the right to not to be liked by everyone.
- I have the right to control my own life and change it if I am not happy with it as it is.

For more information, please use the QR code below to visit my website, to see more about me and how I work.



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Born to

Thrive

Counselling & Supervision



Is your partner:

- ☐ Making you question reality
- ☐ Extreme jealousy or possessiveness
- ☐ Controlling what you do, wear, or who you see
- ☐ Isolating you from friends and family
- ☐ Monitoring your activities, calls, or messages
- ☐ Threatening you or your loved ones
- ☐ Blaming you for their behaviour
- ☐ Extreme mood swings



Remember: You deserve to be treated with respect and kindness.
Help is Available. You are not alone

What is Domestic Abuse?

Domestic abuse is a pattern of controlling, coercive, threatening, degrading, and violent behaviour used by one person to maintain power and control over another in an intimate or family relationship. It affects people of all ages, genders, ethnicities, and backgrounds.

Types of Domestic Abuse?

Physical Abuse
Emotional/Psychological
Sexual Abuse
Financial abuse.

To find out more, click on the QR code



Immediate Danger?

Call Emergency Services
999

If it is unsafe for you to speak on the phone, after dialling 999, just press 55 for the silent solutions.
You can also text 999

National Resources for Help

Women's Aid
0808 802 5565

National Domestic Abuse Helpline
0808 2000 247 (run by Refuge)

The Men's Advice Line,
0808 801 0327 (run by Respect)

Samaritans
116 123

Rights of Women
0207 251 6575

Safety Planning

- ☐ Keep important documents and money in a safe place
- ☐ Identify safe places you can go in an emergency
- ☐ Tell trusted friends or family about your situation
- ☐ Keep emergency numbers programmed in your phone
- ☐ Practice your escape plan
- ☐ Consider changing your daily routine

