

Warning Signs

When people hear “domestic abuse” they will usually think of a woman covered in bruises, but abuse isn’t always physical: not all bruises are visible.

Does your partner...

- **Get jealous or possessive?**
- **Dissuade** and/or **stop you** from seeing family or friends?
- **Monitor** your movements?
- **Tell you** what to wear, who to see, where to go or what to think?
- **Criticise** and **accuse** you?
- **Threaten** you, your pets or people you care about?
- **Force** you (physically or emotionally) to have sex or engage in foreplay?
- **Check** your phone?
- **Decide** how you spend your money?
- **Humiliate, ridicule** or **shame** you in-front of others?
- **Refuse** to let you spend time alone?
- **Lie** to you?
- **Make you question** your achievements, professional competence or your self-worth?
- **Change their mood** from one moment to the next?
- **Make you feel frightened** or **unsafe**?
- **Move you away** from your support network?
- **Convince you to commit benefit fraud** or **illegal acts**?

If you answered 'Yes' to any of these questions, you may be experiencing domestic abuse. Please call us on **01795 417251** or type to us via live chat at [sateda.org](https://www.sateda.org) (weekdays from 10am-1pm) for no strings attached advice about your situation. We also have **drop ins in Faversham, Sittingbourne and Sheerness** with updated times and dates on our website. We know it can be difficult and overwhelming to come to terms with your partner's behaviour and the impact it has on you, but **we believe you and we're here for you.**



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