



If something **doesn't feel right** in your relationship, it probably isn't.

If your **behaviour has changed** because of how your partner treats you or your children, this can be the sign of an unhealthy or controlling relationship.

There are some things you can look out for that may indicate you're in this kind of relationship.

Do they ever...

- get excessively **jealous** when you spend time with your friends or family?
- **tell you** what to do and who you can talk to?
- have frequent **temper** outbursts?
- **criticise** you or put you down in front of your mates?
- make you feel like you **can't do anything right**?
- **force** you to do sexual things that you don't want to do?
- take your **money** away or control it?
- **threaten to hurt** you if you do not behave in a certain way?

A pattern of these behaviours may mean you are suffering abuse. You're not alone – we're here for you, and we have the support you need to get help.



We know talking to someone else about your personal life can be hard, but **getting in touch** with us can be your first and most important step.

Talk to other women

Share your experiences and get support in a safe online space



survivorsforum.womensaid.org.uk

Talk to us

When you contact us, we promise our fully trained female support workers will:

- never judge you or what you say
- give you space to explore your options
- support you to make safe choices for you and your children
- keep everything you tell us confidential



chat.womensaid.org.uk



helpline@womensaid.org.uk

"I think this forum is life saving for a great many of us. It really keeps us going to see we aren't alone or crazy, it gives us strength and wings to eventually fly away to a safe and happy future."

Survivors' Forum user