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It can be easy to miss the signs of a coercive, abusive relationship. I didn't know the signs, but I want to make sure that other women do. Please know there is help if you need it.

Mel B, patron of Women's Aid

Does your partner:

- isolate you from friends and family?
 - deprive you of food or heating?
 - monitor your time?
 - check up on what you do you online?
 - take control over aspects of your everyday life, telling you where you can go, who you can see, what you can wear and when you can sleep?
 - stop you from getting medical help or support?
 - repeatedly put you down, such as saying you're worthless?
 - humiliate or degrade you?
 - control your money and access to your home?
 - make threats or intimidate you?
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You are not alone

Support is available at: www.womensaid.org.uk



women's aid
until women & children are safe