Compassion
Addressing Domestic Abuse



#REDFLAGS
#USEMYPHONE

Do you get the silent treatment??

Do you have to prove where you are & who you are with?

Is someone else checking your messages/emails?



TO ANY OF THE ABOVE?
YOU ARE NOT ALONE!

NEED HELP? THIS IS A SAFE SPACE
COME IN & USE OUR PHONE

CALL THE NATIONAL DOMESTIC ABUSE HELPLINE

0808 2000 247

FOR MORE INFORMATION & SUPPORT VISIT

www.compass-ion.org

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Are you told who you can and can't spend time with?

Do you feel like you are walking on eggshells?

Do you change your behaviour to please your partner?



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Does your partner deny saying or doing things that you know happened?

Are you told that you are crazy/paranoid?

Are you threatened or intimidated by your partner?



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Do you have to justify yourself because of your partner's jealousy?

Are you made to share passwords for your social media?

Do you feel unable you make your own decisions?



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Do you feel pressured into doing things that don't feel right for you?

Are you made to feel small, stupid or belittled?

Are your feelings and opinions disregarded?



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Can you ask questions without getting into trouble?

Can you access your money without consequences?

Can you choose?



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