



Sometimes personal relationships become abusive and hard to deal with, especially when you fear a current or former partner or a family member. There is support out there to help you make choices about what to do and how to stay safe.

Sometimes abusers will increase their violence if they suspect you are thinking of leaving, and will continue to do so after you have left, so this can be a particularly dangerous time for you. It's important to remember that ending the relationship will not necessarily end the abuse.

Arrange a place to go, ideally somewhere that is unknown to your abuser. If friends are reluctant to help you in this way because of concerns for their own safety, there are support organisations and charities that are able to help if you need somewhere to stay at short notice. It's often possible for you and your children to stay at a refuge for a few days, or even months, to allow you time to consider your future.

#### Remember

- Take threats seriously, and plan how you might respond in different situations.
- Stay in touch and talk to trusted family, friends, co-workers or support networks.

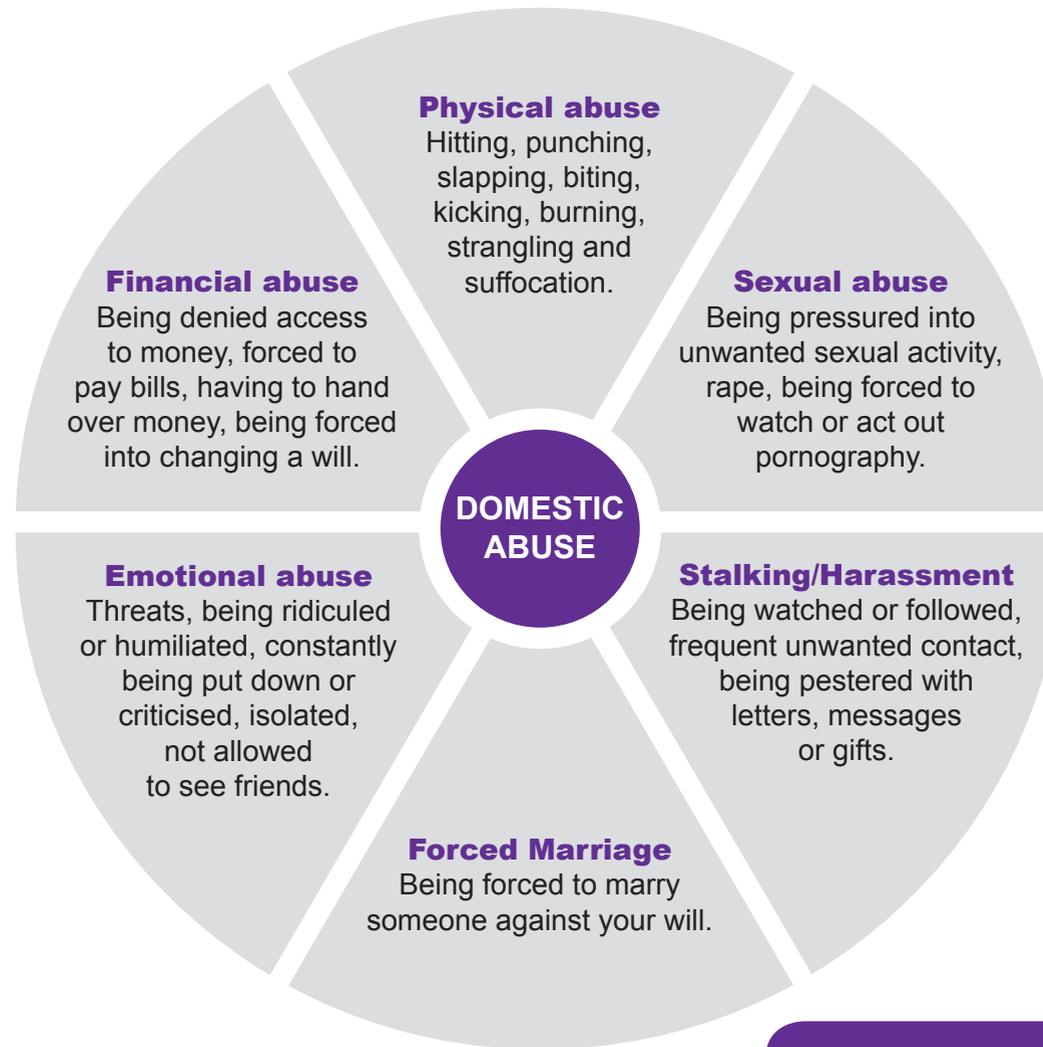
#### Work out a safety plan to protect yourself

Contact the agencies overleaf for further information and support.

#### Know where to go in a crisis

- Keep copies or originals of important identification documents, such as: passport, birth certificate, driving licence.
- Try to put aside any spare money and clothes.
- Keep a list of emergency numbers.

## Do you recognise any of these behaviours?



Your abuser(s) may use a number of these behaviours to control you.

Domestic abuse can occur between people over the age of 16, who are family members, or that are or have been intimate partners, regardless of ethnicity, gender, sexuality or faith.

If you are in immediate danger call 999 and ask for the police.

Or you can tell the police about non emergencies on 101.