

Are you in an unhealthy relationship?



There is a big difference between occasional disagreements at home and the type of repeated and habitual controlling behaviours associated with domestic abuse. If you are concerned about your relationship, here are a few questions that might help you to consider what is happening in the relationship and how unhealthy or abusive it could be.

Do they threaten to harm you or kill themselves?

Are you scared to go home?

Do they stop you seeing family & friends?

Do they control your finances?

Have they ever physically hurt you, your children or a family pet?

Do they criticise you and make you feel stupid or ugly?

If you are in immediate danger please call 999.

If you have answered 'yes' to any of these questions then it may indicate that you are in an unhealthy relationship. You can use the information in this Safe Space to find support and advice.

If you are scared of your partner, ex-partner or a family member, it is not your fault and you are not alone.