DOES YOUR PARTNER...

OR A FAMILY MEMBER LIVING WITH YOU...

...cut you off from family & friends?

...make you feel ugly, undesirable or useless?

...threaten you to get their own way?

...blame you for their behaviour?

...never admit that they are wrong?

...force you to do things you aren't comfortable with?

...misuse the Bible to excuse their behaviour towards you?

1 in 4 people experience domestic abuse - do not suffer in silence

If you believe you or someone you know is at immediate risk of harm, dial **999**

If you are concerned about someone you know, but unsure what to do, contact the Diocesan Safeguarding Team: 01392 345909/ 345910/ 294969

If you believe you are experiencing domestic abuse and want to talk to someone, call the National Domestic Violence Helpline: 0808 2000 247 or contact the Plymouth Domestic Abuse Service: 0800 458 2558

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