



# Come Together To End Domestic Abuse

**Coming together** across society and communities to **end domestic abuse**

## Does your partner:

- isolate you from friends and family?
- deprive you of food or heating?
- monitor your time?
- check up on what you do 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?



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**

Support is available at:  
**[www.womensaid.org.uk](http://www.womensaid.org.uk)**

**You are not alone.**

**#EndAbuseTogether**

**women's aid**  
until women & children are safe