

Emotional Abuse

Does your partner,
ex or family member:

- constantly humiliate or embarrass you, when you are alone or in front of others
- put you down and make fun of you all the time
- ignore you for long periods or refuse to communicate
- behave provocatively or flirtatiously with others in front of you
- show unreasonable jealousy
- withdraw their affection
- isolate you from friends and family
- make everything your fault

*"I never know what
will happen next"*

Sound familiar?

Call us for support on our 24 hour helpline

0191 433 3333

DOMESTIC
PSYCHOLOGICAL
SEXUAL
FINANCIAL
PHYSICAL
ABUSE

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If you, or someone you know in Gateshead, is suffering from domestic abuse of any kind we're here for you. Advice and support is just one call away.

0191 4333333
24 hour helpline

Make one phone call. It could change your life.

0191 4333333

24 hour helpline

domesticabuseteam@gateshead.gov.uk

Stalking

Does your partner, ex or family member:

- seem obsessed with you, wanting to know where you are and what you are doing always
- appear at the same place where you are with no reason or explanation
- hack in to your Facebook or other social media
- follow you
- send you unwanted gifts
- spy on you
- phone or text you constantly
- set up fake accounts in your name

"I'm always looking over my shoulder"

Physical Abuse

Does your partner, ex or family member:

- hit, punch, kick, or spit at you
- break things
- hurt or threaten pets
- throw things at you
- grab you to stop you leaving
- talk about or show you weapons
- push or pull you around
- threaten to harm you or the people you love

"I am always scared that people will see the bruises"

Sexual Violence /Abuse

Does your partner, ex or family member:

- force you to have sex when you don't want to
- touch you in a sexual way against your wishes
- refuse to wear a condom or use birth control
- make you feel like you 'owe' them sex
- try to pass on sexually transmitted diseases
- make you perform sexual acts you are not comfortable with
- try to hurt you during sex
- pressure you to have sex with other people

"I give in and let him do what he wants, it's easier than saying no"

"I am always worried the children might see or hear me being hurt"

Impact on children

Does your partner, ex or family member:

- blame you for everything that is happening in front of the children
- threaten to take the children away
- threaten or hurt you when the children are there
- say that you are a bad parent and they are going to report you
- humiliate or belittle you in the presence of the children
- ignore the boundaries you have set for the children and encourage the children not to listen to you
- contacted or threatened to contact the children's school or other professionals and 'tell them all about you'
- make threats against the children if you don't do what they want

Financial Abuse

Does your partner, ex or family member:

- restrict your access to your own money or family money so that you cannot buy essential things you or the family need
- take out loans or credit in your name
- refuse to pay child maintenance
- make you pay for everything
- take money or use credit cards without your permission
- confiscate your cards and/or cheque books
- borrow from you and/or your friends and family then not pay it back
- expect you to pay their bills

"I have no control over our money, he says I am stupid and can't deal with a budget. I have to plead with him for money to buy food"

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