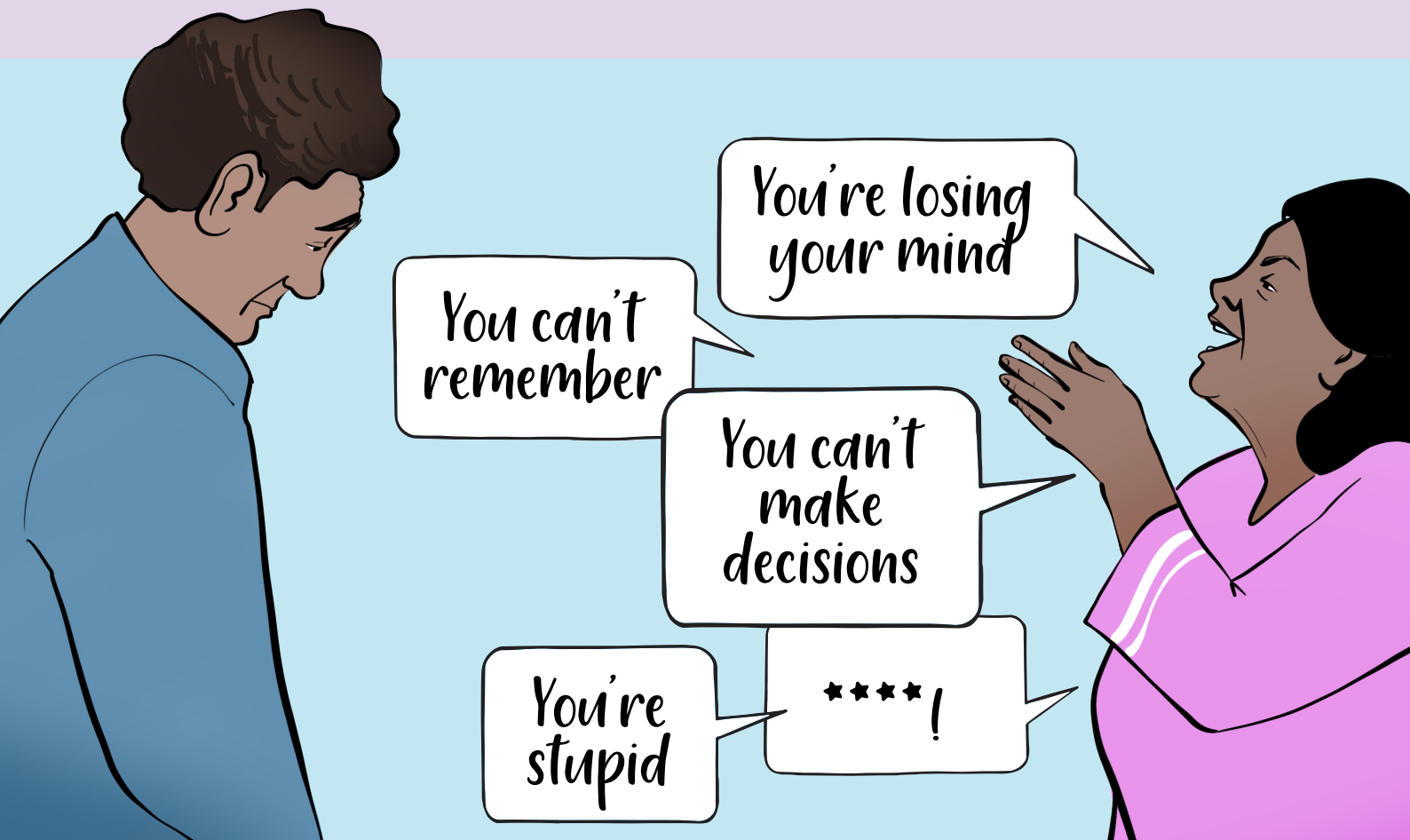


# EMOTIONAL ABUSE

Are you feeling unhappy about the way a family member or partner is treating you? Are they criticising you and making you feel bad about yourself? No matter how long it's been going on, **it's never too late to reach out for help.**



You are not alone there are people you can talk to  
**Please call COMPASS on 0330 333 7 444**  
or visit: [www.essexcompass.org.uk](http://www.essexcompass.org.uk)

# THREATS AND MANIPULATION

Are you feeling unhappy about the way a family member or partner is treating you?

Are they threatening bad things will happen if you don't do as they say?

No matter how long it's been going on **it's never too late to reach out for help.**



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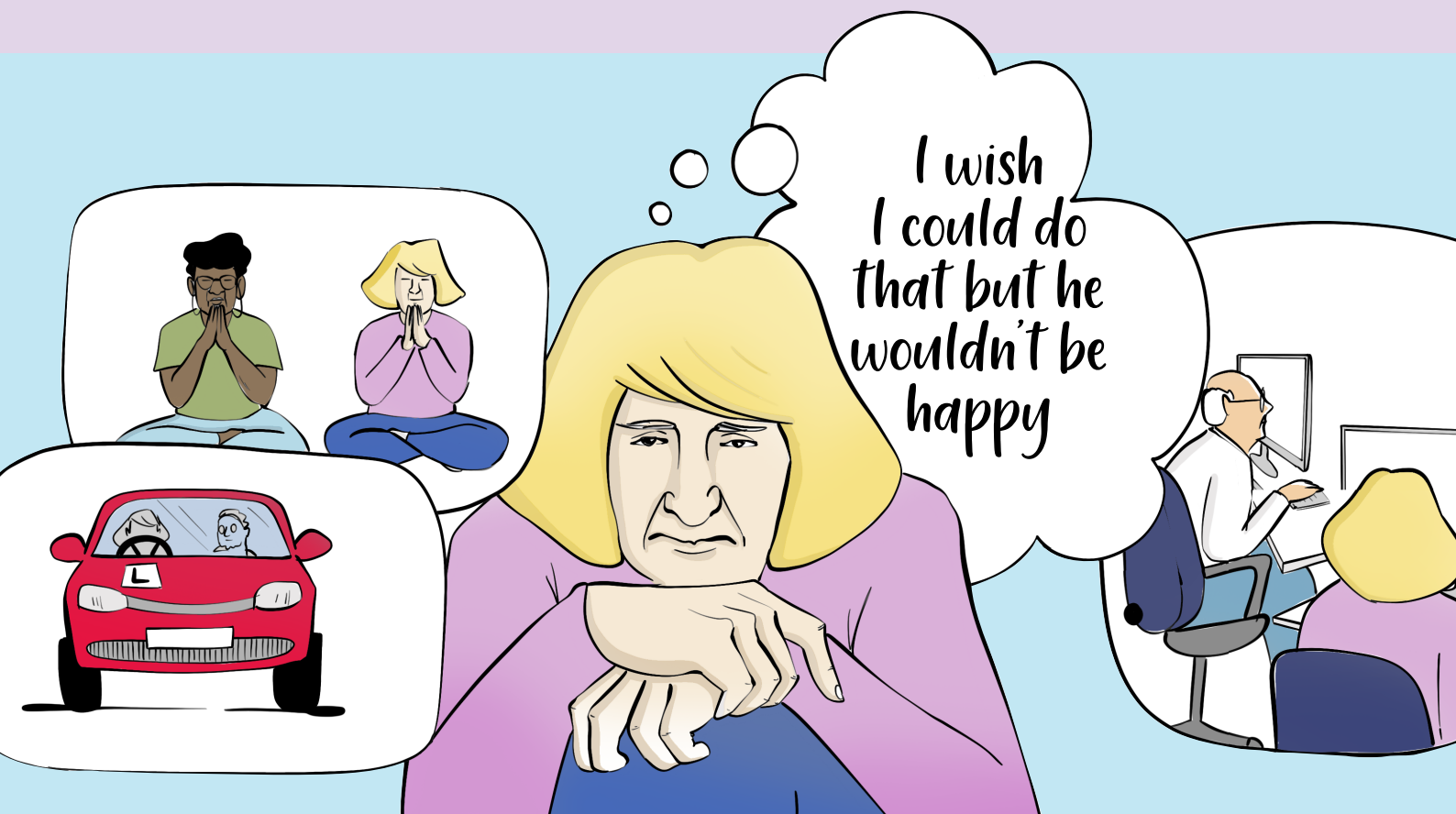
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**SETDAB**

Southend, Essex  
& Thurrock Domestic  
Abuse Board

# CONTROLLING WHAT YOU DO

Are you feeling unhappy about the way a family member or partner is treating you? Are they stopping you from trying new things, or doing the things you enjoy. No matter how long it's been going on, **it's never too late to reach out for help.**



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# BLAMING AND MAKING EXCUSES FOR BEHAVIOUR

Are you feeling unhappy about the way a family member or partner is treating you? Are they making excuses for treating you badly. No matter how long **it's been going on it's never too late to reach out for help.**



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# ECONOMIC ABUSE

Is a family member or partner not giving you access to money or financial information? Or are they borrowing money without returning it, or making you feel like you can't say no? No matter how long it's been going on, **it's never too late to reach out for help.**



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