

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.**



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