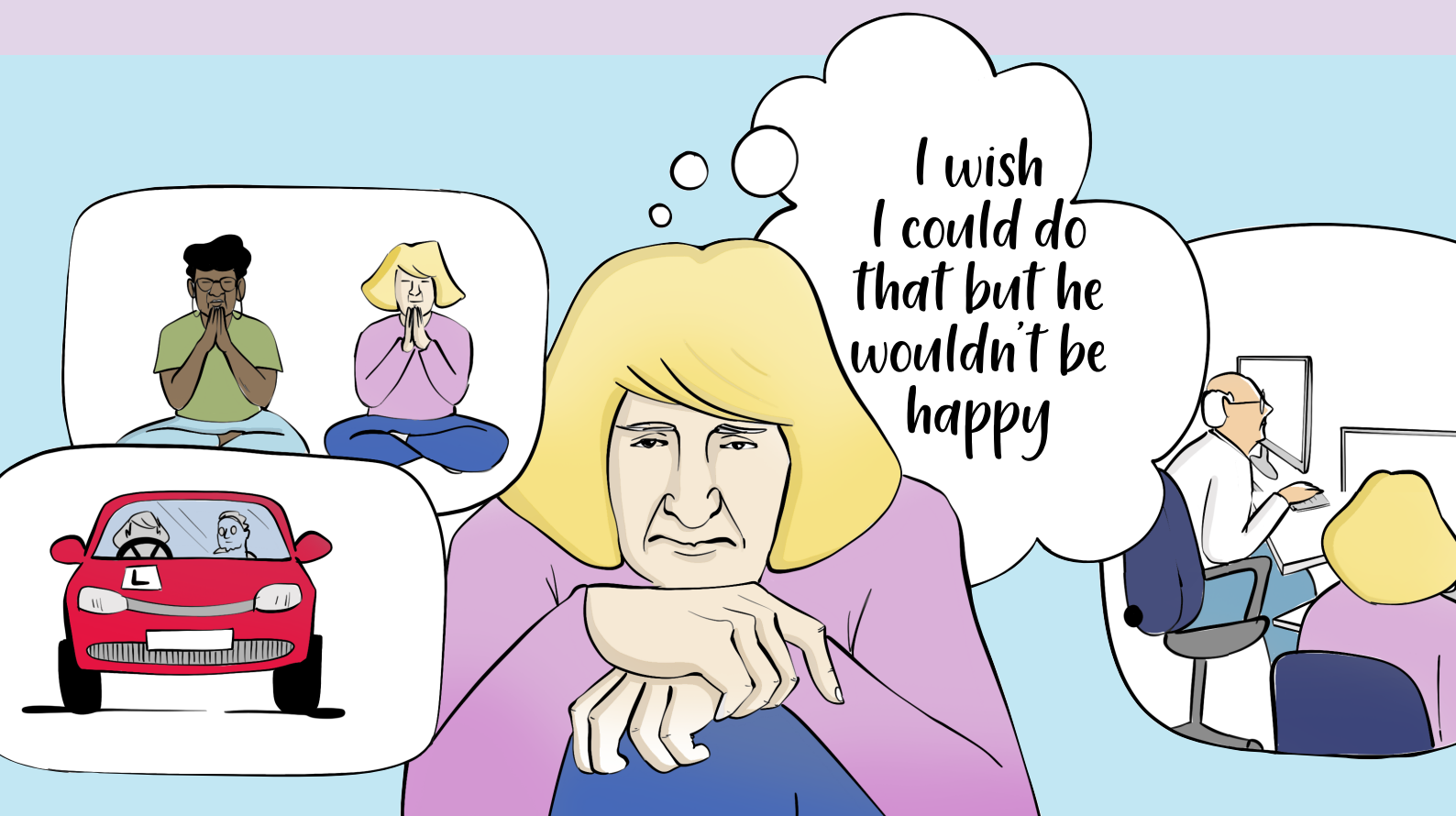


CONTROLLING WHAT YOU DO

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.**



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