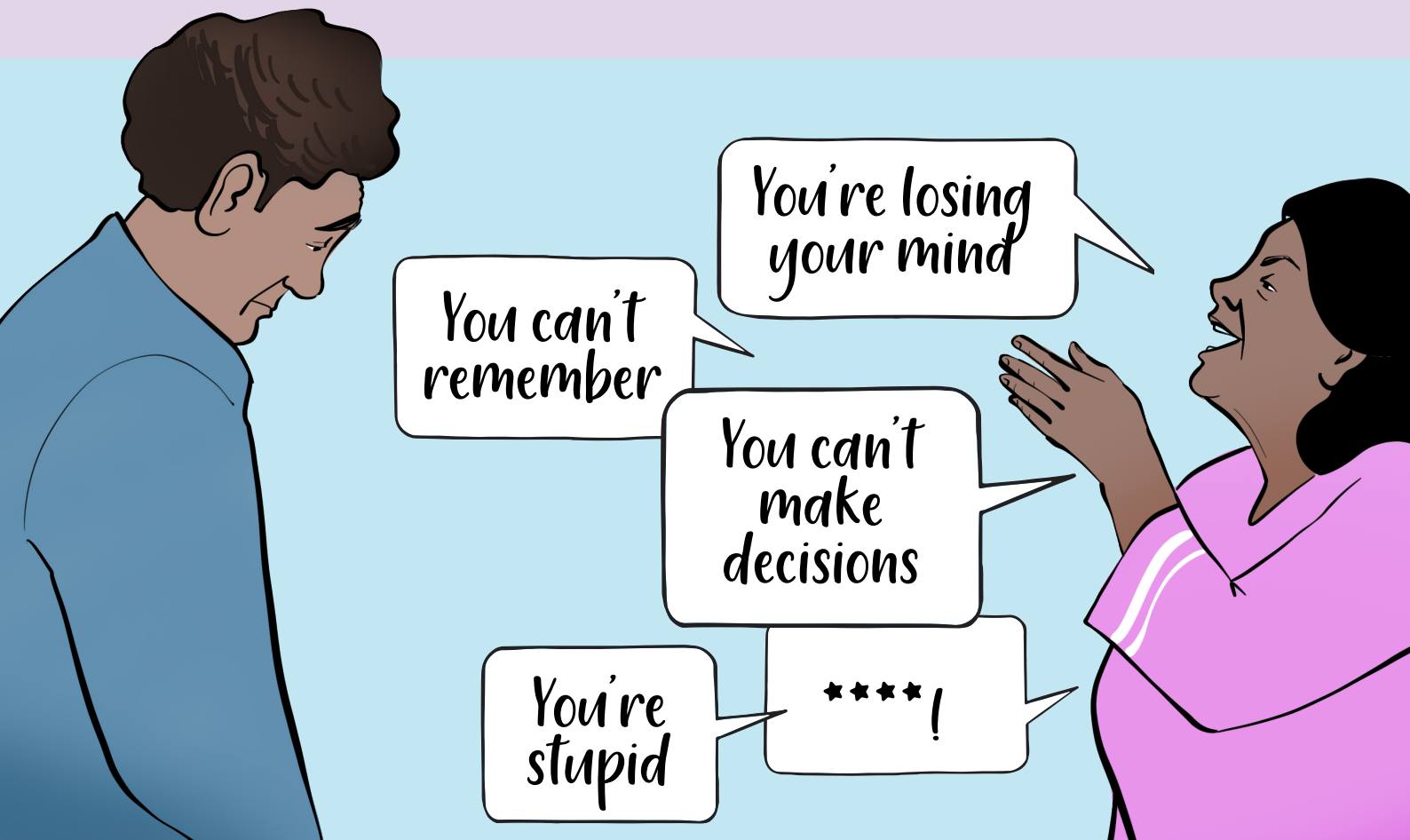


# EMOTIONAL ABUSE

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)