

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.



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