

Domestic abuse takes many different forms.

Online abuse, gaslighting, sexual abuse, controlling behaviour, threats and acts of violence are all **concerning signs of abuse.**

He says I've been
with someone else

He follows me / turns
up unannounced

He controls everything, I can't
make my own decisions

He wants me to spend all
of my free time with him

He tracks my phone
and social media
activity



We are here to support you
Call us on 0141 553 2022



Registered charity number SC005227