



# DO YOU KNOW SOMEONE...

- Whose partner calls or messages her constantly?
- Who has lost confidence and is unusually quiet?
- Who has stopped spending time with you?
- Whose partner criticises or humiliates her in front of other people?
- Who seems afraid or overly anxious to please her partner?

## THESE ARE ALL SIGNS OF A POTENTIALLY ABUSIVE RELATIONSHIP

### You CAN help

**Tell her** you are worried and you're there to help.

**Listen and don't judge** her. It may take many attempts before she is ready to leave.

**Offer to help** with specific things like going with her to the Police or a domestic violence service, driving her to appointments, or looking after her kids.

**Check in** regularly. Ask her what she needs.

**Talk to a professional** to find out what you can do to support her.

**IT'S UP TO ALL OF US TO BREAK THE CYCLE OF VIOLENCE**

**1800 RESPECT (1800 737 732)**

have trained counsellors available 24/7 who can support people living with domestic violence and concerned friends and family.

#wearethe51

**marie claire**