

ARE YOU EXPERIENCING ANY OF THESE BEHAVIOURS FROM SOMEONE IN YOUR LIFE?

- ▶ Constantly criticises your appearance, undermines your decisions, opinions & blames everything on you.
- ▶ Demands to know where you are at all times including constantly messaging, calling & tracking your movements.
- ▶ Is jealous, possessive and continually accuses you of being unfaithful.
- ▶ Constantly wants you to justify what you spend money on & tries to take control of all finances.
- ▶ Tries to isolate you from your friends, family & colleagues and makes you justify any absences.
- ▶ Physically hurts you in any way or throws items in your direction to scare or threaten you.
- ▶ Demands sex, pressures you or forces you into unwanted sexual activities.

Women's Aid REGIONAL OFFICES

- 1 Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid
T: 028 2563 2136
- 2 Armagh Down Women's Aid
T: 028 3025 0765
- 3 Belfast & Lisburn Women's Aid
T: 028 9066 6049
- 4 Causeway & Mid Ulster Women's Aid
T: 0300 373 1055
- 5 Fermanagh Women's Aid
T: 028 6632 8898
- 6 Foyle Women's Aid
T: 028 7141 6800
- 7 North Down & Ards Women's Aid
T: 028 9127 3196
- 8 Omagh Women's Aid
T: 028 8224 1414
- 9 Women's Aid Federation
T: 028 9024 9041

If you are in danger do not hesitate in calling the Police by dialling '999' immediately.

[womensaidni.org](https://www.womensaidni.org) 🔍



Women's Aid WORKING TO END DOMESTIC ABUSE



SUPPORTING WOMEN, CHILDREN & YOUNG PEOPLE AFFECTED BY DOMESTIC ABUSE

DOMESTIC ABUSE IS A CRIME.

WHAT IS DOMESTIC ABUSE?

Women's Aid define domestic abuse as: "the intentional and persistent physical or emotional abuse of a woman, or of a woman and her children in a way that causes pain, distress or injury."

Domestic abuse involves the abuse of power and control by one person over another, within intimate relationships or family and typically escalates in frequency and severity over time. Domestic abuse isn't just physical and can take many forms like physical, verbal, psychological, economic, sexual and emotional, all with the intention of controlling you.

Coercive and controlling behavior is still abuse and is a crime in Northern Ireland. What is happening to you isn't acceptable, never okay and support services are here to help you.



TRANSLATION SERVICES

If you need to speak to someone in your preferred language, Women's Aid can arrange translation services upon request.



FIND YOUR LOCAL
WOMEN'S AID GROUP

WHO ARE WOMEN'S AID?

We are the lead voluntary organisation in Northern Ireland addressing domestic abuse and providing specialist services for women, children and young people.

There are 8 local Women's Aid groups right across Northern Ireland who will be able to talk to you about support available to you in total confidentiality.

WOMEN'S AID IN NORTHERN IRELAND:

- Provide refuge accommodation to women and their children suffering domestic abuse within the home.
- Provide a range of support services to enable women who are leaving an abusive relationship.
- Provide a range of support services to children and young people who have experienced domestic abuse.
- Work in partnership with relevant agencies to ensure a joined-up response to domestic abuse.