



He criticises, calls me names, puts me down, shouts, gets jealous, withholds money, checks my phone, threatens me, tells me where I can and cannot go, stops me seeing friends, follows me, opens my post, intimidates me, slaps, punches and chokes me, threatens to kill me, rapes me...

...and denies it all and promises it will never happen again

Any of this sound familiar?

For help and information on domestic abuse please visit:
www.durham.gov.uk/familiar



Safe Durham Partnership