

# Are your loved ones taking...

Care of  
you?

Control  
of you?

"I'm proud of  
you doing so  
well."

"I know money  
is tight, let's talk  
about how we can  
make it work."

"That's a big  
commitment,  
let's decide  
together."

"I'll change the  
PIN – you're  
no good with  
numbers."

"You can't be  
trusted with  
money."

"I'll take care  
of it – you'll only  
spend it on silly  
things."

If your partner, ex-partner or family member is **controlling your access to money, work or getting you into debt**, that's a red flag for domestic abuse.

**St Mungo's can help you find the support you need to be safe and free from abuse.** Talk to a staff member, a manager or contact:

**National Domestic Violence Helpline: 0808 2000 247**

**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

**Men's Advice Line: 0808 801 0327**

To learn more about economic abuse,  
visit **[endeconomicabuse.com](https://endeconomicabuse.com)**

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# Are your loved ones taking...

Care of  
you?

"Drop me a  
message when  
you get home  
safe."

"I trust  
you."

"Everyone  
needs their  
privacy  
sometimes."

Control  
of you?

"Why shouldn't I  
check your texts?  
You must be hiding  
something."

"Let's swap  
passwords."

"Let me set  
that up for  
you."

If your partner, ex-partner or family member is **controlling or monitoring your phone or tracking your location**, that's a red flag for domestic abuse.

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**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

**Men's Advice Line: 0808 801 0327**

To learn more about tech abuse,  
visit [refuge.org.uk](https://refuge.org.uk)

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# Are your loved ones taking...

Care of  
you?

"Have a good  
time with your  
friends tonight."

"It's great  
you've met such  
nice people."

"I know this is  
really important  
to you – I support  
you all the way."

Control  
of you?

"It's just you  
and me against  
the world."

"Your family  
don't understand  
you like I do."

"Aren't I  
enough for  
you?"

If your partner, ex-partner or family member is **controlling who you see or isolating you from friends and family**, that's a red flag for domestic abuse.

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**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

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# Are your loved ones taking...

Care of  
you?

"Did you want me to come with you to your doctor's appointment?"

"Is there anything I can do to help you feel better?"

"Make sure you rest and look after yourself."

Control  
of you?

"You'd never cope without me."

"Don't be so hysterical, it's all in your head."

"You don't need all that medication, I'll keep it for you."

"I'll hurt myself if you leave."

If your partner, ex-partner or family member is **using mental or physical health as a way to control you**, that's a red flag for domestic abuse.

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**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

**Men's Advice Line: 0808 801 0327**

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# Are your loved ones taking...

Care of  
you?

Control  
of you?

"What  
makes you  
feel good?"

"Let's go for  
a sexual health  
check together."

"I respect  
you."

"You're mine,  
you can't say  
no to me."

"If you really  
love me, you'll  
do what  
I want."

"You're such a  
slut, I'll tell your  
family what  
you've done."

If your partner or ex-partner is **using sex and intimacy to manipulate and control you**, that's a red flag for domestic abuse.

**St Mungo's can help you find the support you need to be safe and free from abuse.** Talk to a staff member, a manager or contact:

**National Domestic Violence Helpline: 0808 2000 247**

**National Rape Crisis Helpline: 0808 802 9999**

**National LGBT+ Domestic Abuse Helpline: 0800 999 5428**

**Men's Advice Line: 0808 801 0327**

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# Are your loved ones taking...

Care of  
you?

"You don't have  
to come out until  
you're ready, I'll  
be here for you."

"I'm so proud  
of you."

"Let's go for a  
sexual health  
check together."

Control  
of you?

"If you don't do  
what I say, I'll tell  
everyone  
you're trans."

"Women can't  
abuse women,  
no one will  
believe you."

"You don't need  
to use condoms  
with me."

If your partner, ex-partner or family member is **using your LGBTQ+ identity to control you**, that's a red flag for domestic abuse.

**St Mungo's can help you find the support you need to be safe and free from abuse.** Talk to a staff member, a manager or contact:

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**National LGBTQ+ Domestic Abuse Helpline: 0800 999 5428**

**Men's Advice Line: 0808 801 0327**

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