

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

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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**

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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."

Jon't dre Your life, live your dreams "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

Men's Advice Line: 0808 801 0327

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

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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

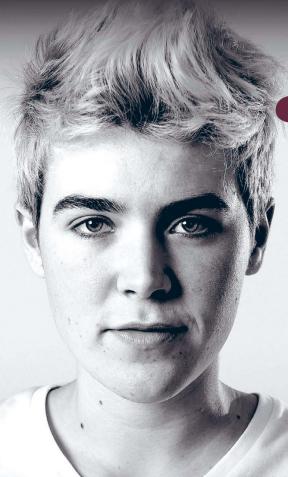
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Care of you?

"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.

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National LGBT+ Domestic Abuse Helpline: 0800 999 5428

Men's Advice Line: 0808 801 0327

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