## YOU MAY BE IN AN ABUSIVE RELATIONSHIP IF THEY....



Abusive relationships can arise anywhere – with partners, friends, families, workplaces or governments. If you recognize these signs and are concerned you may be in an abusive relationship or acting in an abusive way, then don't panic. Take action, and seek out help from a professional.

WE WISH YOU WELL IN YOUR JOURNEY.

## NATIONAL DOMESTIC VIOLENCE HOTLINE (AVAILABLE 24/7)







