Am I in a healthy relationship?

Some people do not recognise they are in an unhealthy or abusive relationship because there may not be physical violence.



Assuming consent

Sexual behaviour without consent being freely given - being pressured, blackmailed or made to feel guilty for saying 'no' to any sexual activity.

Just because you don't physically resist, it does not mean yes.



Blaming

Being made to feel responsible, at fault and wrong.



Degrading

Being put down or humiliated or using your personal secrets against you.



Financial abuse

Limiting your access and controlling how you spend your money.



Threatening

Threats to kill or hurt you, your friends, family, pets or themselves.



Does someone in your life behave like this?



Gaslighting

Wearing down your confidence through manipulative behaviour, causing you to feel confused & creating self-doubt.



Technological abuse

Viewing your text
messages, emails and social
media without consent.
Checking your phone
or controlling access.



Stalking

Being followed or your partner constantly checking what you are doing and where you are.



Isolating

Being stopped from seeing family or friends & made dependant on your partner.



Harassment

Aggressive pressure or intimidation, constant calling or messaging.



Interrogation

Being questioned constantly & told that you are lying.

Support is just a phone call away

Emergency and life threatening situations Call 000

DA 2nbbout zervices

1800 Respect 1800 737 732 24hr DV Advice Line 1800 656 463 Mensline 1300 789 978 Newcastle WDVCAS 4940 8766

Housing and Accommodation

Jenny's Place 4927 8529 Link2Home 1800 152 152 NOVA for Women & Children 1800 679 654 Warlga Ngurra 4950 1566

Family Support and Counselling Services

Family Connect and Support 1300 006 480 Got Your Back Sista 4989 2777 Hunter Womens Centre 4968 2511 Staying Home Leaving Violence 4926 3577

Follow Newcastle Domestic Violence Committee NSW on Facebook for further information and contact numbers.



扫描查看简体中文版 Changanua kwa Kiswahili Ji bo Kurdî Kurmancî skan bik Quét qua để đọc tiếng Việt

สแกนเพื่อภาษาไทย ةيبر علا ةغلل حسم دينک نکسا بسراف يار

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