

WORTH Services have teams of **Independent Domestic Violence Advisors** across **West Sussex** available Monday-Friday

9.00am-5.00pm to help you, with quick access to interpreters

Call 0330 222 8181.

Local contact details and further information on WORTH can be found at www.westsussex.gov.uk - search 'Domestic Abuse'

24-hour National Domestic Violence Freephone Helpline 0808 2000 247



If you are in immediate danger call 999

In your relationship why are you afraid?

Remember

You have a right to live your life free of

Fear

Humiliation

Threats

Abuse

**You are not to blame
You are not alone**

Speak to an Independent Domestic Violence Advisor who can help you to:

Understand what is happening

Keep yourself safe

Keep your children safe

Keep your home safe



In a healthy relationship you feel

- ☐ Safe
- ☐ Supported
- ☐ Respected
- ☐ Loved

and

Your partner

- ☐ Supports your goals.
- ☐ Sometimes admits to being wrong
- ☐ Discusses things with you
- ☐ Involves you in decisions
- ☐ Is interested in your happiness
- ☐ Is willing to accept compromise

(If it applies to your relationship tick)

In an unhealthy relationship you feel

- ☐ Frightened
- ☐ Intimidated
- ☐ Isolated
- ☐ Ashamed

and

Your partner

- ☐ Threatens you
- ☐ Makes all the decisions
- ☐ Controls your actions
- ☐ Blames you
- ☐ Threatens to harm others
- ☐ Humiliates you

(If it applies to your relationship tick)

Too bad to stay? Too good to leave?

How does this happen?

Like most people you may have entered this relationship thinking that it would last.

You may be committed to your relationship and it's hard to admit that all is not right.

As time goes on your partner may act out of character and you'll make allowances for this.

You start to feel that you are walking on eggshells, you begin to feel you may be to blame.

You may be confused as to why this is happening and will try to understand the reasons for the change in your partner's behaviour.

As things worsen, you might wonder what you can do to make things right, but you may not consider this could be domestic abuse.

You become frightened and perhaps think about leaving.

If you find the strength to leave you may go back several times.

You may feel lonely, confused, frightened and ashamed.

You are not alone

