

Women's Aid

1 in 4 women in Ireland experience domestic violence and abuse. It can happen to any woman, at any age and from any background. **Domestic abuse in pregnancy is common and high risk. Know the signs.**

10 Common Signs of Domestic Abuse:

1

They complain that you spend too much time with friends and family and make you feel guilty if you don't spend all your free time with them.

2

They send you constant texts and get mad if you don't respond right away.

3

They tell you how to dress, criticise your clothes and undermine how you think or feel.

4

They have a bad temper and you feel afraid to disagree with them.

5

They accuse you of cheating on them all the time.

6

They ask for all your passwords so they can check your messages.

7

They pressure or coerce you to do things sexually that you don't want to do.

8

They control your access to basic essentials such as the car, family finances, food, the telephone, internet, and healthcare appointments.

9

They are physically violent to you and often the assaults are aimed at your abdomen.

10

They have threatened to hurt you, themselves or others if you end the relationship.

We're here to support you

If you or someone you know is experiencing domestic abuse, **you can talk to a member of hospital staff** who will be able to provide assistance. Or you can call the Women's Aid 24hr National Freephone Helpline on **1800 341 900** or use the Instant Message Support Service on www.womensaid.ie (open mornings and evenings, 7 days a week).

Working in partnership to listen, believe and support women experiencing domestic abuse.

