

## 1 in 4 women in Ireland experience domestic violence and abuse

Abuse can be carried out by a current partner, and it can continue after the relationship has ended.

### 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, the family finances, food, the telephone and internet.

9

They are physically violent.

10

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

### You are Not Alone

If you or someone you know is experiencing domestic abuse, call the Women's Aid 24hr National Freephone Helpline on **1800 341 900** (open 7 days a week) or use the Instant Message Support Service on **womensaid.ie** (open mornings and evenings, 7 days a week).