

DOES THIS HAPPEN TO YOU?

BEING HIT?

SPAT AT?

SHOUTED AT?

FORCED TO HAVE SEX?

PUT DOWN?

TOLD YOU ARE WORTHLESS?

NOT ALLOWED TO SEE FRIENDS & FAMILY?

NOT ALLOWED TO HAVE YOUR OWN MONEY?

MIND GAMES?

BEING THREATENED?

DO YOU WALK ON EGGSHELLS?

PHONE
SUPPORT
24/7

Call us:

03300 564456

Visit: www.cyfannol.org.uk

Email:

BlaenauGwent@cyfannol.org.uk

Monmouthshire@cyfannol.org.uk

Torfaen@cyfannol.org.uk

Newport@cyfannol.org.uk

**THESE
ARE ALL
EXAMPLES OF
DOMESTIC
ABUSE**

**Cyfannol
Women's Aid
CAN HELP**

- ▶ Someone to talk to in confidence
- ▶ Safe accommodation for you and your children
- ▶ Support to stay in your own home
- ▶ Information on how to stay safe
- ▶ Help to regain control of your life



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WOMEN'S AID



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