

Is your relationship healthy?

If you feel like your relationship show signs such as...



Controlling?

Feeling trapped?

Feeling Depressed?

Putting you down?

Blackmailing?

Manipulative?

Arguing?

Violence?

Restrictive?

Feeling isolated and lonely?

If you feel like you are walking on eggshells or the words in these bubbles resonate with you, these organisations below can help...

Feeling unsafe or at risk?

