



DOMESTIC ABUSE TRAINING & CONSULTANCY

# YOU ARE NOT ALONE

SPEAK TO AN ALPHA VESTA TRAINED MEMBER OF STAFF

NAME:



FEAR

COMPLEX COPING MECHANISMS

## Could you or someone you know be experiencing domestic abuse?

- Are you or is someone you know struggling to cope with a complex family or intimate relationship?
- Is your partner or former partner making life difficult for you?
- Are you aware that someone you know is having problems with their partner or former partner?

### DID YOU KNOW?



**1 IN 5 ADULTS** will be affected by some form of domestic abuse during their adult lifetime. (ONS, 2023)



**1 IN 5 CHILDREN** are affected by domestic abuse at some point during their childhood (NSPCC, 2020)

EXHAUSTION

DISTORTED PERCEPTIONS

ANXIETY & DEPRESSION

PHYSICAL INJURIES



### MORE INFO



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