



I'm worried  
about my friend.

Am I experiencing  
domestic abuse?

Is this the  
right helpline?

**Need to talk?  
Call us anytime**

**0800 027 1234**

**Scotland's domestic abuse  
and forced marriage helpline**

**[sdafmh.org.uk](https://sdafmh.org.uk)**





Have they ever put you down in front of people and tried to make you feel stupid or ugly?



Do they show, or threaten to show your private pics to people unless you do as they say?



Have they ever stopped you seeing your friends or doing what you want to do because they are jealous?



Are people putting pressure or trying to force you to get married to someone you don't want to be with?

It's up to you what you want to do, but if you are feeling worried about your relationship then **you aren't alone.**

For somewhere safe to speak, call **Scotland's Domestic Abuse and Forced Marriage Helpline.**



[sdafmh.org.uk](https://sdafmh.org.uk)



@scotwomensaid



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