

# Love should not hurt

Is someone tracking you on your phone?

Are you being put down all the time?

Is someone trying to stop you seeing your friends and family?

Is someone making you think you're going mad?

Are you being told what to wear and how to act?

Are you being made to do sexual acts that you don't want to?

Is someone stopping you from working, or having access to money?

Are you afraid?

Domestic abuse isn't just physical violence. There are lots of ways that abusers control the people they're meant to love and it might not happen all the time.



Men can experience domestic abuse too. If you think this is happening to you, or are worried about someone, then contact the Men's Advice Line for support:

**0808 8010 327**

Your local services are:

Restored is a Christian Charity working to support survivors of domestic abuse. Find out more at [restored-uk.org/survivor](https://restored-uk.org/survivor)

**Restored**  
CHANGING THE STORY  
*for women* 