

# Psychological or Emotional Abuse

Psychological and emotional abuse are behaviours which cause emotional or mental harm. It may not hurt your body, but can be just as painful and distressing in other ways.

Emotional abuse includes when someone:

- Calls you names
- Keeps shouting at you, even if you have not done anything wrong
- Puts you down
- Ignores you or leaves you out of things
- Says or does things that make you feel bad about yourself
- Makes you feel like you do not belong
- Tries to control you or put pressure on you to do things you don't want to
- Gaslights you into believing you're going not perceiving things as they really are, or are being irrational
- Puts you in dangerous situations
- Prevents you from having contact with, and/or behaves inappropriately in

Abuse takes many forms, and it is not always physical. You may not realise what is happening to you is abuse.

We have put together some questions to help you work out if you are in an **abusive relationship**

## 3 things to remember:

1. You do not have to put up with it. No one has the right to make you feel bad about yourself
2. It is not your fault when someone else is being abusive
3. Record what is going on. This will help you to explain what is happening to someone else who can help you

If you think you have been psychologically or emotionally abused, you can call our helpline on **01273 622 822**. We're here on **Tuesday and Wednesday mornings 9.30 - 12.30**. If you can't get through the first time, please do try again or email us at **helpline@riseuk.org.uk**

If you are in **immediate danger**, you can call the police on **999**, if

For more information visit our **website**

**Want to get involved and raise awareness? Why not attend our**

**Ask Me Ambassador Taster Session**