

Recognising the Warning Signs of Abuse

It's impossible to know with certainty what goes on behind closed doors, but there are some tell-tale signs of emotional abuse and domestic violence. If you witness these warning signs of abuse in a friend, family member, or co-worker, take them very seriously.

People Who Are Being Abused May:

- seem afraid or anxious to please their partner
- go along with everything their partner says and does
- check in often with their partner to report where they are and what they're doing
- Receive frequent, harassing phone calls from their partner
- Talk about their partner's temper, jealousy, or possessiveness

Warning Signs of Physical Violence.

People who are being physically abused may:

- Have frequent injuries, with the excuse of "accidents"
- Frequently miss work, school, or social occasions, without explanation
- Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses indoors)

Warning signs of isolation.

People who are being isolated by their abuser may:

- Be restricted from seeing family and friends
- Rarely go out in public without their partner
- Have limited access to money, credit cards, or the car

The psychological warning signs of abuse.

People who are being abused may:

- Have very low self-esteem, even if they used to be confident
- Show major personality changes (e.g. an outgoing person becomes withdrawn)
- Be depressed, anxious, or suicidal

If you recognise any of these signs in your friend, family member, acquaintance or colleague, please contact us to talk about ways that you can help – 0479 055 777 or email us [here](#)