

Is your
behaviour
hurting
someone you
love?

Do you recognise yourself in any of these behaviours?

"When we argue and I shout, they're scared of me."

"When I see my partner talking to someone I get so jealous that I hit them"

"I promised that I would never slap them again. But I did."

Your abusive behaviour could cost you your relationship, your home and even access to your children.

Help is available. Do you want to change?

Our Housing Officers can put you in touch with support services to help you change your behaviour. They regularly visit schemes so you can stop and talk to them while they're out or call **01782 744533** or email **neighbourhoods@staffshousing.org.uk**

Other ways to get support

Respect phoneline

0808 8024040

(Mon-Fri 10am-5pm)

info@respectphoneline.org.uk

(Mon-Fri 9am-5pm)

webchat support

respectphoneline.org.uk

(Thursday 2-4pm)

Speak to your GP

In an emergency call 999