



Domestic abuse support on My Support Space

My Support Space is a secure, confidential, online resource from Victim Support. It contains interactive self-support guides that you can work through in your own time and when it is safe and convenient for you to do so.



For victims/survivors

Recognising an unhealthy relationship

This guide explores why relationships are important to us. It will help you to understand what conflict is, how to recognise unhealthy behaviours in relationships, and how these may escalate into coercive control or abuse.

Am I in an abusive relationship?

This guide outlines some of the different forms of domestic abuse and common signs associated with abusive relationships. It may help you to understand if domestic abuse is happening to you, and has information on the support and help that is available.

How to leave an abusive relationship

This guide will help you to assess the level of risk in your relationship, help you to think about making a personal safety plan to keep yourself (and your children) safe, and has information on who you can speak to if you're thinking of leaving.

Financial abuse

Financial abuse is an aspect of coercive control. This guide notes the signs of financial abuse, who can help if you're experiencing them, and information if you're thinking of leaving your partner.



The iMatter Programme

Information on the group-based, online programme designed for women who have been, or are currently, victims of domestic abuse. The programme explores healthy relationships with a focus on self-worth and self-care.

Other guides you may find useful:

Sleep

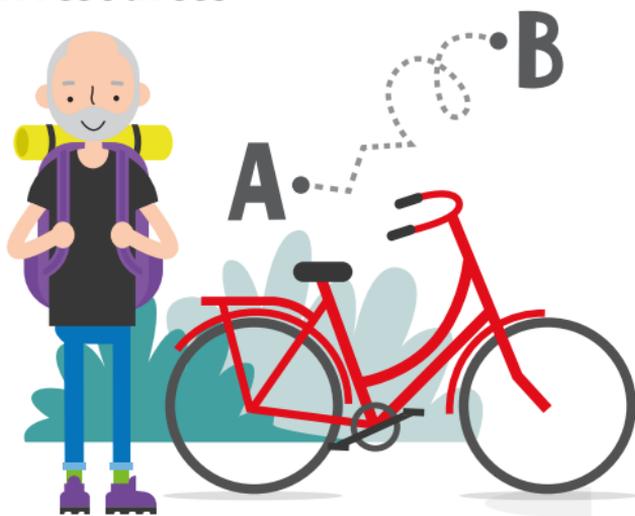
Tips and techniques to get a better night's sleep if your sleep is being affected.

Wellbeing

Steps you can take to make a positive difference to your mental and physical wellbeing.

Mental health resources

Information on how and where you can seek support if you need it.



For supporters

My Support Space is also available for friends, family members, neighbours or colleagues who are supporting someone who is experiencing domestic abuse.

Recognising the signs of domestic abuse

This guide will help you to identify some common signs that domestic abuse may be happening to someone you know or care about, the signs to look for in an abuser and how you can spot an unhealthy relationship.

How to support someone who may be experiencing domestic abuse

Ways in which you can help someone through domestic abuse, and how to start a conversation with them.

To access these guides and more, create your free and confidential account: mysupportspace.org.uk



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