

SILENCE IS **NOT** GOLDEN

CONTROLLING FAMILY MEMBERS

It is a form of domestic abuse and it can happen to anyone.

Domestic abuse is any incident of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over. This can be by family members controlling who you see, what happens to your money and telling you what you should think and how you should behave. It may be hard to accept that someone you love and who should love you is subjecting you to domestic abuse.

There is help available.

Please call the **Domestic Abuse Hub** or visit www.doncaster.gov.uk/domesticabuse



The Hub is open from 9am - 4.30pm, Monday - Friday.

Call: 01302 737 080

Or, if you're not able to speak on the phone, please contact us via email:

✉ email: dahub@doncaster.gov.uk



If you or someone you know is in an abusive relationship and you don't know what to do, please contact us. We will listen and we can help.

Remember, always dial 999 in an emergency.

National 24 hour Domestic Abuse Helpline - 0808 2000 247