



# Domestic abuse support on My Support Space

My Support Space is a free and secure online resource from Victim Support. It has interactive guides you can work through in your own time and when it's safe for you to do so.



# For victims/survivors

## Recognising unhealthy behaviours in a relationship

This guide explores why relationships are important to us. It will help you recognise unhealthy behaviours in relationships and how these may escalate into abuse, including coercive or controlling behaviour.

## Am I being abused?

This guide outlines some common signs of abusive behaviour, and may help you understand if domestic abuse is happening to you. It will help you spot unhealthy behaviours in relationships, and has information on the support available to you.

## How to leave a relationship if you're being abused

Leaving an abusive partner can be dangerous. This guide has information on who you can talk to if you're thinking of leaving to make sure it's done as safely as possible. The guide can help you to assess the level of risk in your relationship, and help you think about making a personal safety plan to keep yourself (and your children) safe.





## **Financial abuse**

Financial abuse is a type of coercive or controlling behaviour. This guide can help you recognise the signs of financial abuse. It has information on who can help you to regain control of your finances and further sources of support.

## **Domestic abuse and the rising cost of living**

This guide has information on financial support you may be able to access such as benefits, help towards bills and other entitlements. It has details of support services who can help if you need to discuss your options, or if you're thinking about leaving.

# For supporters

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

## Recognising the signs of domestic abuse

Domestic abuse can take many forms and it can be difficult to recognise. This guide will help you spot unhealthy behaviours in a relationship, and identify some common signs that domestic abuse may be happening to someone you know.

## How to support someone who may be experiencing domestic abuse

This guide suggests ways in which you can help someone through domestic abuse, and how to start a conversation with them.

To access these guides, and many others designed to help you improve your wellbeing, create your free and confidential account: [mysupportspace.org.uk](https://mysupportspace.org.uk)



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