



THE CHURCH
OF ENGLAND
SUFFOLK

"Something just feels, off"

If something doesn't feel right in your relationship, it probably isn't.

Does your partner or someone you are living with....

...restrict you seeing/talking to church, family & friends?

...make you feel ugly, undesirable or worthless?

...threaten you to get their own way?

...always make it seem like you are to blame for their behaviour?

...never admit that they are wrong?

...force you to do things you aren't comfortable with?

...misuse the Bible to excuse their behaviour towards you?

If this seems a bit too familiar for you or someone you know,

Talk to us: we'll listen

You can talk to:

Karen Galloway, the Diocesan Safeguarding Officer: 07785621319

Shelly Thomas, the Assistant Diocesan Safeguarding Officer: 07795974734

The National Domestic Abuse Hotline: 0808 2000 247

The Suffolk Domestic Abuse Hotline: 0800 977 5690

The Emergency Services: 999

Karen: 07785621319
Shelly: 07795974734

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