

Coercive Control.

What you need to know.

Coercive control is an insidious and dangerous form of abuse.

It is a persistent pattern of multiple manipulative and threatening behaviours used to wear down, isolate and completely control another.

[PLEASE OPEN TO LEARN THE SIGNS](#)

It can include all, or some, forms of domestic abuse – emotional, physical, financial and sexual, including their threat – by a partner, spouse or ex. It traps victims in relationships and makes it impossible or dangerous to leave.

KNOW THE SIGNS

1.

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Do you feel like you are being isolated from your friends and family?

2.

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Does your partner deprive you of basic everyday needs like food, electricity, heating?

3.

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Do you think your partner is monitoring your online activity, or has installed spyware on your phone, laptop or any other device?

4.

—
Does your partner take control over aspects of your everyday life, such as where you can go, who you can see, what to wear, when to be home and when you can sleep?

5.

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Does your partner stop you from accessing support services, such as specialist support or medical services?

6.

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Is your partner repeatedly putting you down such as telling you that you're worthless?

7.

Does your partner enforce rules and activity that humiliate, degrade or dehumanise you?

8.

Does your partner force you to take part in criminal activity such as shoplifting?

9.

Is your partner in control of the finances and prevents you from working and having your own money?

10.

Does your partner threaten to reveal or publish private information about you, like private photos or videos online?

Coercive Control, including the fear of violence, can cause serious alarm, distress and damage to a person's physical and emotional well-being.

If you need help, or even if you just want to talk, we're here for you **24 hours a day, 7 days a week**. Call our Freephone Helpline on **1800 341 900**.

Or visit [womensaid.ie/help](https://www.womensaid.ie/help) for information on evidence necessary to seek protection from the Gardai.

I'M IN IMMEDIATE DANGER NOW!

If you feel you are in immediate danger call **999/112** or contact your local Garda Station. If you can, get out of the situation now. We have full details and contact numbers for local refuge and support services on our website.

And call us on **1800 341 900** anytime of the day or night. We'll be here, by your side, every step of the way with the practical and emotional support you need.

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womensaid.ie



Registered charity number 6491

Women's  Aid
Listening. Believing. Supporting