

WHAT IS COERCIVE CONTROL?

Coercive control is a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend, partner, husband or ex. It traps women in a relationship and makes it impossible or dangerous to leave.

This can have a serious impact including the fear of violence, cause serious alarm and distress and can result in a woman giving up work, changing her routines, losing contact with family and friends. Coercive control can damage a woman's physical and emotional well-being.



KNOW THE SIGNS

Answering **yes** to **any** of the following questions may help you recognise signs of coercive control.



I NEED HELP

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



Women's Aid 24hr National Freephone Helpline

1800 341 900

Listening. Believing. Supporting.