

**TOO
INTO
you**

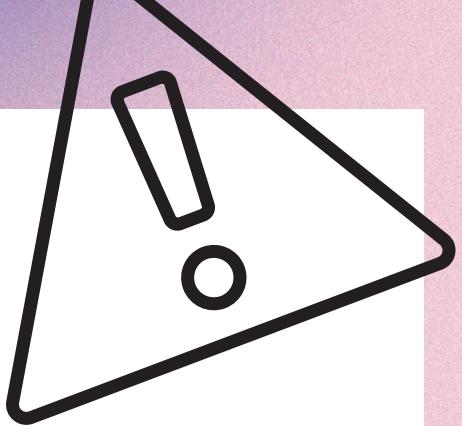


**Could your
friend be in
an abusive
relationship?**

Learn how to
spot the signs and
how you can help →



I'm worried about how my friend's partner treats them. How will I know if they are experiencing abuse?



Abuse can feel like a big word, but it can start with small actions and get much worse over time.

It's important to look out for our friends who might be in trouble.

You don't need to be 100% sure that they are experiencing abuse to reach out.

Signs of abuse in your friend's relationship:

- ✗ You don't see them as much as you used to.
- ✗ They seem distant, withdrawn and distracted.
- ✗ They seem anxious or nervous around their partner.
- ✗ Their partner gets jealous or angry easily.
- ✗ Their partner pressures them to do things sexually they don't want to.
- ✗ Their partner demands to look through their phone and knows their passwords.
- ✗ Their partner puts them down and tells them what they can or can't wear.
- ✗ Their partner messages them all the time and gets mad if they don't reply straight away.



Even if you don't recognise any of these signs, but something feels wrong, it probably is.

How can I bring it up with them?

Text/call them to check in. Remind them you're there if they need you.

Talk to them in person. Talking about your concerns over text could put them in danger if their partner looks through their phone.

Ask them how their partner makes them feel, for example:

‘How do they treat you when they’re upset?’

‘Are you afraid of how they react to everything?’

If they tell you something that sounds like a red flag, it can be helpful to say ‘that sounds unhealthy’ or ‘What they are doing to you is not ok’.

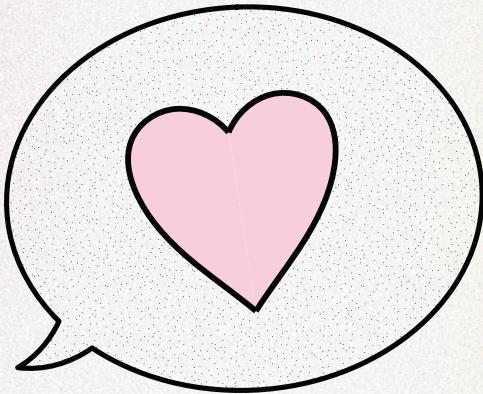
It’s normal if they become defensive or don’t want to hear it. They might be ashamed, embarrassed or feel like it’s their fault.

Tell them “I believe you” and “It’s not your fault”.

Encourage them to trust their gut and give them time to sit with what you have spoken about.

Listen to them, you don’t need all the answers, they might just need the space to talk about how they’re feeling.’

Don’t tell them to just break-up. Unfortunately it is almost never that simple.



“My abusive ex convinced me that all my friends hated me. I felt like I had no one outside the relationship. When my friends checked in on me it felt like a lifeline.”

Sarah*, 19

*name has been changed

Practical Tips

- > **Tell them about [toointoyou.ie](#)** which has a free and confidential chat support service, a Relationship Quiz and more.
- > **Give them phone credit** so they can make calls in case of emergency.
- > **Agree a code word** with them to use if they're in danger and need immediate help.
- > **Ask your friend what they need** to feel safe and supported.



Keeping Yourself Safe

Don't put yourself or your friend in danger; for example, do not talk their their partner about your concerns. It might lead to your friend being restricted from talking to you.

Support for you

If you're worried about a friend or someone you know, we can help you help them.

For information and support:

- > Call Women's Aid 24Hr National Freephone Helpline **1800 341 900**
- > **Chat support service at [toointoyou.ie](#)**
- > Both are free and confidential.