

Could your friend be in an abusive relationship?

**TOO
INTO
you**

Learn how to spot the signs:

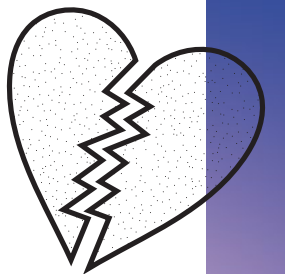
You **don't see them** as much as you used to



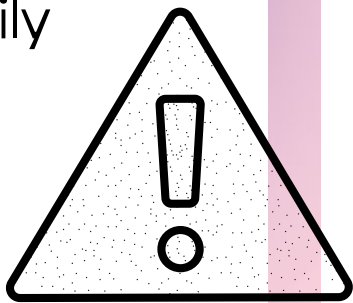
They seem **distant**, withdrawn and distracted



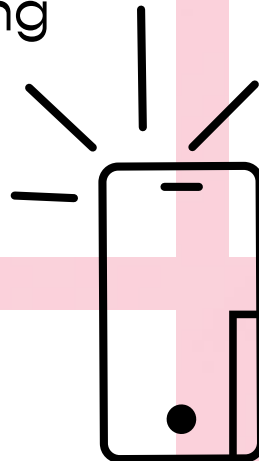
They seem **anxious** or **nervous** around their partner



'Their partner **gets jealous** or angry easily



Their partner **blames them for everything** and flips everything back on your friend.



Their partner **messages them constantly** and gets annoyed when they don't reply straight away

Their partner demands to **look through their phone** and knows their passwords

Their partner **criticises** the way they look and how they dress

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

It's important to look out for our friends. They might feel alone, afraid and ashamed. There are simple ways you can help them feel less alone.



Discover the Help a Friend guide at toointoyou.ie