

CHECKLIST FOR ABUSIVE RELATIONSHIP

Does your partner constantly

- Hit you and blame you for his actions
- Pressure you sexually for things you aren't ready for
- Make you feel there "is no way out" of the relationship
- It was all your fault
- Damage your Confidence and Self Esteem
- Use Emotional Blackmail
- Use threatening and demanding behaviour
- Control and dominate you
- Is Jealous and Possessive
- Intimidate you by being charming in public but abusive in private
- Punish you by destroying something you value
- Embarrass or make fun of you in front of family and friends
- Tell you that you are nothing without them
- Manipulate you constantly
- Isolate you from loved ones and friends
- Make you feel you are unable to make decisions

If any of these are happening in your relationship on a consistent basis, then you need to talk to someone

***Without help, the abuse will
continue...***

WE UNDERSTAND HOW YOU FEEL WE PROVIDE A
CULTURALLY SENSITIVE & CONFIDENTIAL SERVICE

Supported By:



**Lloyds TSB Foundation
for England and Wales**

Pehchaan Domestic Violence Project



Are you a victim of domestic violence then you do not have to suffer alone talk to us in confidence.

LET US HELP YOU IDENTIFY YOURSELF

Tel: 0161 434-7800

Pehchaan Domestic Violence Project

Pakistani Resource Centre
13 Copson Street
Manchester
Withington
M20 3HE

Phone: 0161 434 7800

Fax: 0161 434 8004

Email: info@pakistani-resource.org.uk

OUR AIM

Pehchaan is a community based project for South Asian Women in Manchester.

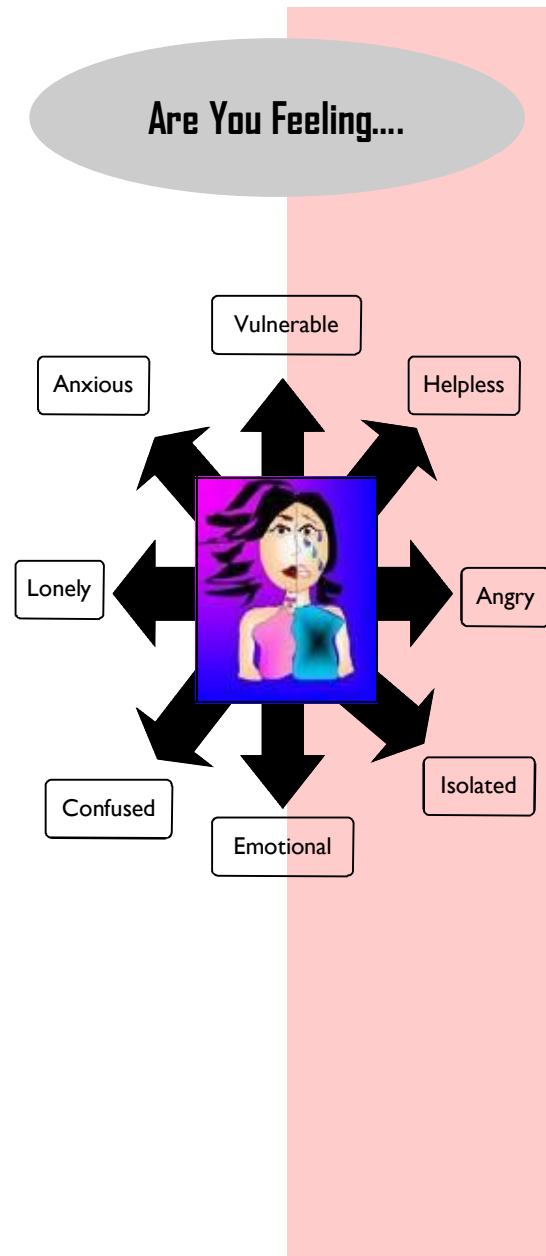
Pehchaan strives to create a voice and a safe environment through outreach work, advocacy and representation.

We work to provide and actively engage in a full range of culturally sensitive and appropriate service for South Asian women facing abuse in their lives. The service is delivered in the South Asian languages i.e. Urdu, Hindi, Punjabi and English.

We provide advice and information on the issues that matter to you.

- Respect Confidentiality
- Provide on-going Emotional and Practical Support
- Advice on your Legal Rights
- Advice on Immigration Status
- Help with Re-Housing
- Benefit Issues
- Provide Counselling
- Advocacy

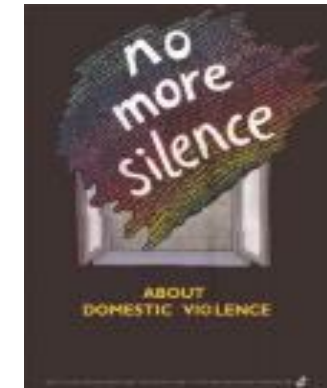
Everyone is treated as an individual and according to their needs.



WHAT IS DOMESTIC VIOLENCE

Domestic Violence is a pattern of abusive behaviour which keeps one in a position of power over the other through the use of fear, intimidation and control. It is a very complex issue as there are many different ways of abusing someone.

It doesn't have to be just Physical, it can be Emotional, Mental, Sexual and Financial and can be applied in many ways.



Please Contact:

Parveen Javed
Domestic Violence Coordinator

Phone: **0161 434 -7800**

Office Hours
Monday–Friday
9:00am–16:30pm