

# DOMESTIC ABUSE

I can't really remember what happened, I'd been drinking

Work is so stressful at the moment I just get so angry at home

The kids are upstairs asleep they can't hear anything

# THERE IS NO EXCUSE

If only she'd do what I say there wouldn't be a problem

He says he'll get help if only I stay with him

I didn't mean to hurt her but she really winds me up

There is no excuse for domestic abuse and if you are living with someone who is violent, controlling or a bully, there is help for you.

For advice, support or emergency accommodation please ring

**01423 530078**



**IDAS**

Independent Domestic Abuse Services  
Harrogate & District Women's Aid

