



DOMESTIC ABUSE HAS MANY FACES COULD YOU SPOT THE SIGNS?



Is someone in your life...

- Spending less time with loved ones
- Being bombarded with messages or calls
- Struggling to concentrate / seeming anxious
- Making excuses or blaming themselves for their partner's behaviour
- Walking on eggshells around their partner
- Having money problems / limited access to their own finances
- Showing physical injuries
- Being regularly belittled or criticised by their partner



These are all signs someone you know and love may be in an abusive relationship.

**Loose
WOMEN**

**FACING IT
TOGETHER**



If you're worried about someone in your life visit www.itv.com/loosewomen or scan this QR code. Or call Scotland's Domestic Abuse and Forced Marriage Helpline

0800 027 1234 www.sdafmh.org.uk

women's aid
until women & children are safe



Refuge
For women and children.
Against domestic violence.

Respect

FINDAWAY

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Initiative



MAE CAM-DRIN DOMESTIG YN DANGOS EU HUN MEWN AMRYW O FFYRDD A ALLECH CHI WELD YR ARWYDDION?



A oes rhywun yn eich bywyd chi yn gwneud y canlynol...

- Treulio llai o amser gydag anwyliaid
- Cael swmp mawr o negeseuon neu alwadau
- Yn ei chael yn anodd canolbwyntio / ymddangos yn bryderus
- Gwneud esgusodion dros ymddygiad eu partner, neu'n cymryd y bau
- Gwyllo eu camau o amgylch eu partner
- Problemau ariannol / gyda mynediad cyfyngedig i'w harian ei hunain
- Dangos anafiadau corfforol
- Cael eu bychanu neu eu beirniadu'n rheolaidd gan eu partner



Dyma arwyddion y gallai rhywun rydych chi'n ei adnabod ac yn ei garu fod mewn perthynas gamdriniol.



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Os ydych chi'n poeni am rywun yn eich bywyd ewch i www.itv.com/loosewomen neu sganiwch y cod QR hwn. Neu ffoniwch **0808 2000 247** i gyrraedd y Linell Gymorth Cam-drin Domestig Genedlaethol sydd ar gael 24 awr y dydd yn rhad ac am ddim nationaldahelpline.org.uk

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0808 802 1414 www.dsahelpline.org





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0808 2000 247 nationaldahelpline.org.uk

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