

NOT ALL WOUNDS ARE VISIBLE

Spot the red flags before
they turn into harm

Abuse isn't always physical. It can look like:



CONTROL:

Telling you what to wear, who to see, or where you can go



ISOLATION:

Cutting you off from friends or family



PUT-DOWNS:

Insults, mocking, or calling you crazy



PRESSURE:

For sex, money, or to stay silent



JEALOUSY DISGUISED AS LOVE:

Constant accusations or needing to "check in"



BLAME GAMES:

Making everything your fault



MONITORING:

Reading your messages or tracking your location



FEAR: Feeling anxious around the abuser/ person or like you're walking on eggshells

Healthy relationships don't hurt, shame or control.

If you're unsure – talk to someone you trust.
Call LifeAssist anytime. You're not alone.



COUNSELLING . LIFE COACHING . HEALTH ADVICE



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