

Is my relationship ...

healthy?

Tick the box if this applies to both of you.



- You have fun together most of the time
 - You feel safe together all the time
 - You can trust each other
 - You support each other's goals and dreams
 - You can overcome problems in your relationship without being nasty to each other
 - You make important decisions together
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- If you want to, you are able to make phone calls, keep a diary or meet up with friends without the involvement of your partner
 - You do not feel under pressure to have sex
 - You can take time away from each other when you need to
 - You treat each other with respect at all times

Useful phone numbers

Walsall Domestic Violence Forum
01922 406767

Broken Rainbow
0845 260 4460

SAYA Multi-lingual Helpline
0800 389 6990

Walkways Counselling Service
01922 615393

Childline
0800 1111

Walsall Street Teams
01922 621208

Bharosa Asian Young Girls' Helpline
0121 303 0369

Men's Helpline
08450 646800

Aven House 24hr helpline
01922 746574

Teenage Pregnancy Team
01922 443940

Connexions
0121 502 7502

National Domestic Violence Helpline
0808 2000 247

Crisis Point
01922 644329

Victim Support
01922 644000

NSPCC
0808 800 5000

Respect-a Service for men who want to stop abusing their partners

08451 228609

WPH Counselling 24hr helpline
01922 649000

Dial 999 in an emergency



meet up with friends

Is my relationship ...

unhealthy?

Tick the box if this applies to you.

- Does your partner get very jealous and even accuse you of cheating on them
- Does your partner shout at you
- Does your partner treat you like a child
- Does your partner often find fault with your family or friends
- Has your partner physically hurt you (including pushing or grabbing)
- Does your partner prevent you from attending college or having a job
- Does your partner play mind games with you or try to make you think you are going crazy



- Does your partner try to control you
- Does your partner use excuses for bad behaviour (e.g. drugs or alcohol)



Is your relationship making you **unhappy?**

For someone to talk to call the **Stepping Stones Helpline** on

0800 389 5790

Useful websites

www.freefromfear.org

www.thehideout.org.uk

www.refuge.org.uk

www.mensadviceline.org.uk

www.wdvh.co.uk

www.there4me.com

www.missdorothy.co

www.womensaid.org.uk

www.respect.uk.net

<http://walsallchildrensservices.com>