





How might Domestic Abuse be impacting me?

**Living with Domestic Abuse is living with uncertainty. Always waiting for the next incident and holding the space in between.**



**Your body is constantly on alert and your mind is constantly searching for clues in anticipation of what's next.**

**You may be fearing or experiencing the reality of poverty and homelessness as a result of domestic abuse**



**Relationships with friends, family and your children may be fractured or broken.**  
**Your attendance in your place of work or education may also be suffering.**




**You may be suffering from physical injuries that require medical attention but you would rather nobody saw. Your health may suffer as a result of the trauma and high-level stress you endure every day.**



**Your sexual health may be impacted by being prevented from access to contraception, protection or worse being forced to engage in unwanted sexual behaviour.**

**You may be experiencing anxiety and loss of self-esteem as well as even contemplating suicide or self-harm. You may turn to alcohol or drug use as a coping mechanism.**





**Your experience of domestic abuse and the impact it has on you is very individual.**

**Aoibhneas will work with you to help you understand what it is that you are experiencing and how to start your journey of recovery and freedom.**