

LOVE SHOULDN'T HURT

"I know the plans I have in mind for you, declares the Lord; they are plans for peace, not disaster, to give you a future filled with hope." (Jeremiah 29:11)



**SUFFER
BECAUSE OF DOMESTIC ABUSE!
DISRESPECTFUL AND ABUSIVE BEHAVIOUR IS NEVER OK**

Does your partner

- make you feel ugly and useless?
- cut you off from family and friends?
- threaten you to get their own way?
- blame you for their behaviour?
- never admit they are wrong?
- use the Bible to excuse behaviour towards you?

FOR SUPPORT, ADVICE AND SIGNPOSTING, CALL

24 Hour National Helpline Freephone 1800 341 900

Open to all women and men affected by domestic & sexual violence

**Garda: In an emergency call 999/112
Garda Confidential Freephone Line 1800 555 222**