

Equally Safe Falkirk

Working together to help families to heal from domestic abuse and improve family functioning

Looking After Yourself

Domestic abuse can have a huge impact on your mental health and wellbeing.

You might be experiencing anxiety, depression, sleep loss, self-harm, suicidal thoughts or using substances to cope.

Contact us.

We can help.

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<https://equallysafefalkirk.co.uk>

What you can do

Be kind to yourself
Take some 'you time' each day
Practice relaxation/ mindfulness exercises
Do something you enjoy
Exercise - anything that makes you feel good
Learn a new skill
Get creative
Don't rush it - it takes time to heal
Set realistic goals
Take things at your own pace
Don't worry about what other people think or say
Re-establish contact with friends
Seek opportunities to make new friends

Asking for Help

It can be hard to ask for help when you have experienced domestic abuse. You might worry that others will judge you, or feel ashamed for not stopping the abuse sooner.

You might not have had a good response previously when asking for help.

You might be scared that you won't be believed.

Useful Websites

Sane
Mind
NSHN
Young Minds

Domestic Abuse is not your fault.

Contact us for more information and help.