

# 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.**

**We can help!**

**Give us a call!**

01324 632903

[forthvalleyservices@barnardos.org.uk](mailto:forthvalleyservices@barnardos.org.uk)

<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 be worried 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**

[www.sane.org.uk](http://www.sane.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.nshn.co.uk](http://www.nshn.co.uk)  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Domestic abuse is not your fault!**

**Contact us – we can help!**

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