



# MEN ARE VICTIMS OF DOMESTIC ABUSE

## Domestic abuse includes:

- Physical abuse
- Psychological abuse
- Being isolated from family and friends
- Being humiliated
- Being monitored
- Being controlled
- Living in fear
- Sexual abuse
- Economic abuse
- Harassment
- Online abuse
- Having no access to money

**If you are a man suffering from domestic abuse, there is help.**

Find your local support service by visiting  
**[www.mankind.org.uk](http://www.mankind.org.uk)**

**#MenYouAreNotAlone**

