






# Spotted any red flags?



-  Telling them what to wear
-  Blaming them for everything
-  Checking their phone and messages
-  Cutting them off from their family and friends
-  Not wanting them to spend time with anyone else

**If you're worried about someone,  
talk to us: 0300 14 000 61**

Controlling behaviour is not OK, and it can be dangerous. We can help you find the information and skills you need, if you're worried someone you know is being controlled, scared, or hurt by someone they love.

[www.wefindaway.org.uk](http://www.wefindaway.org.uk)

[hello@wefindaway.org.uk](mailto:hello@wefindaway.org.uk)

# What is Findaway?



Findaway is a new project that recognises that families, friends and community members are usually the first to know, and best placed to support, if someone is being controlled, scared or hurt by their partner, ex-partner or family-member.



Our trained Findaway Phoneline advisors offer practical information and signposting for people worried about someone else's relationship.

## Who's it for?



Anyone worried about someone else's relationship or that someone they know is being controlled, scared, or hurt by their partner, ex-partner or family-member.

## What if I'm worried about my own relationship?

If something doesn't feel right in your own relationship talk to your local domestic abuse service for free, confidential advice:

Newcastle: NIDAS - 0191 214 6501 / [newcastleidas.co.uk](http://newcastleidas.co.uk)

North Tyneside: Harbour - 0191 251 3305 / [myharbour.org.uk](http://myharbour.org.uk)

Sunderland: WWIN - 0800 066 5555 / [wwin.org.uk](http://wwin.org.uk)

Northumberland: DASSN - 0167 082 0199 / [myharbour.org.uk](http://myharbour.org.uk)

Rural Northumberland: NDAS - 0143 460 8030 / [nda.services](http://nda.services)

Gateshead: Domestic Abuse Service - 0191 433 3333

South Tyneside: Impact Family Services - 0191 456 7577

**If you're worried, talk to us.**

