

Are you a victim of abuse?

The signs and symptoms are not as obvious as you might think. That's because abuse is about controlling someone's mind and emotions as much as hurting their body. Abuse can leave you scared and confused and can affect anyone; men, women and children.

Physical Abuse

Physical abuse is using physical force that injures you or puts you in danger

Emotional Abuse

Emotional and verbal abuse includes insults and attempts to scare, isolate, or control you. It is also often a sign that physical abuse may follow.

4 Types Of Abuse

Financial Abuse

Financial abuse happens when an abuser takes control of finances to prevent the other person from leaving and to maintain power in a relationship.

Sexual Abuse

Sexual assault is any type of sexual activity or contact that you do not consent to.

If you witness abuse or are being abused contact Kaelo Lifestyle | Ask Nelson.

