

Parent Wellbeing Tip Sheet



Emotional Abuse Checklist

Emotional abuse can be just as destructive as physical abuse and can do a terrible amount of damage to a person's mental health. It is common for physically abusive relationships to also include aspects of emotional abuse.

Emotional abuse chips away at a person's feelings of self-worth and independence. People in emotionally abusive relationships often feel that there is no way out of the relationship or that they will have nothing without their partner.

Emotional abuse can include:

- being yelled at and insulted
- being ignored
- being embarrassed in public
- being blamed for anything that goes wrong
- being made to feel afraid by intimidation or threats
- having your movements monitored and limited
- being prevented from contacting other people like friends and family
- having money withheld
- being prevented from working
- having property or money stolen from you
- being bullied

The scars of emotional abuse are real and long lasting. Emotional abuse can leave a person feeling depressed, anxious and even suicidal. If you are experiencing emotional abuse it is really important that you seek help.

If you need someone to talk to about emotional abuse consider contacting:

- Lifeline at: <http://www.lifeline.org.au/Home>
- The Women's Domestic Violence Helpline on: 92231188
- Mensline on: [1300 78 99 78](http://1300789978)