






# 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, call  
our anonymous phonenumber:**

**0300 140 0061**

Controlling behaviour is not OK, and it can be dangerous. If you're worried about someone you know, we can help you find the information and skills you need. Call our anonymous phonenumber or visit our website for more info.

**Findaway is for those aged 16+**

 **FINDAWAY**

# What is Findaway?



Findaway is a new project that can help you find the information and skills you need, if you're worried about someone else's relationship.

Call our anonymous Findaway Phonenumber for practical information and signposting from our trained advisors.

Visit our website for useful resources and to find out about our training and peer-support.



## Who's it for?



Anyone aged 16 or over, who is 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 - 07375788835

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



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

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