

**Are you scared?**

**Do you feel isolated?**

**Is your partner controlling you?**

**Are you being threatened?**

**Is someone hurting you?**

**All of these things are  
difficult to talk about**



**Ask your GP or  
nurse about **IRIS****

IRIS can support anyone who is experiencing domestic abuse. Your Doctor or nurse can arrange for someone to come and see you when and where you feel comfortable. Just ask for IRIS. Your GP will know what you mean.

