

Are you suffering from Abuse.....



Abuse is unacceptable.

No one needs or should consider abuse as a normal way of life.

Many people suffer abuse from not only their husbands/wives, but from family members and /or friends, this also includes people you may work with.

The definition of abuse is any action that intentionally harms another person.

There are many aspects to abuse and it comes in varying degrees....so what are they? –

- Emotional Abuse
- Physical abuse
- Sexual abuse
- Psychological abuse
- Verbal abuse
- Financial abuse
- Spiritual abuse
- Elder abuse

Abuse all too often comes from adult relationships, but abuse can also be between elders and their adult children. Age is no barrier to abuse, neither is gender, socioeconomic status, or a person's education.

Anyone can become a victim of abuse.

Bullying is unacceptable.

Often abusive behaviour is done in secret – behind closed doors, quietly happening in the home unbeknown to the outside world,

Friends may see and suspect something is happening but are too embarrassed to say anything. It is up to the one being abused to begin the change.

If you are suffering from an abusive family member and would like to talk about it and learn ways to deal with the situation you have found yourself in, please contact me.

Every session is confidential and is conducted in a safe environment.

Phone: Kay on 0434 436 835

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