

Sharing your experiences of unhealthy relationships will help us support others

We want to learn what you have been through so we can help other people

Any individual can have an unhealthy relationship, and anyone can be affected by domestic abuse. We want to develop our services so we provide the right support to anyone in need. We want to help people in your local community who may be suffering.

That's why we have launched a short survey. Your feedback will help us support other people. The survey is completely anonymous and will take no more than ten minutes.

Domestic abuse can be seen as any incident or pattern of incidents of:

- controlling, coercive or threatening behaviour
- violence or abuse between those aged 16 or over who are, or have been, intimate partners
- violence or abuse between family members

Domestic abuse can be, but is not limited to, psychological, physical, sexual, financial and emotional abuse.

If you're aged 16 or over and have had an unhealthy relationship, experienced domestic abuse, know someone that has, or are concerned about your own behaviour – we want your views. The survey is open until Wednesday 31 March.

Victims and survivors of abuse can take the survey [here](#).

Those who have harmed others can take the survey [here](#).

New episode of our podcast is out now



The most recent episode of our podcast series, Relationships Shouldn't Hurt, is all about stalking and harassment.

You can listen to it and the other episodes on the Bedfordshire Domestic Abuse Partnership using the button below, or find it on Spotify.

[Listen now >](#)

I need help

You are not alone. Call the National Domestic Abuse Helpline 0808 2000 247.

Visit the [Bedfordshire Domestic Abuse Partnership](#) website for more information about local and national support for all affected by domestic abuse, including men, children and young people, older people and people from the LGBT+ community.

In an emergency, call 999.

I'm worried about someone else

If you're worried about a family member, a loved one, a friend, a neighbour or a work colleague, you can report concerns about domestic abuse anonymously.

Talk to CrimeStoppers by calling 0800 555 111. Or visit the CrimeStoppers [domestic abuse webpage](#) where you can anonymously complete an online form.

I'm worried about my own behaviour

If you're concerned about your own behaviour you can seek support. Call the Respect Phoneline 0808 802 4040 or visit the Respect Phoneline [website](#) to find out more about the email or online chat service.

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