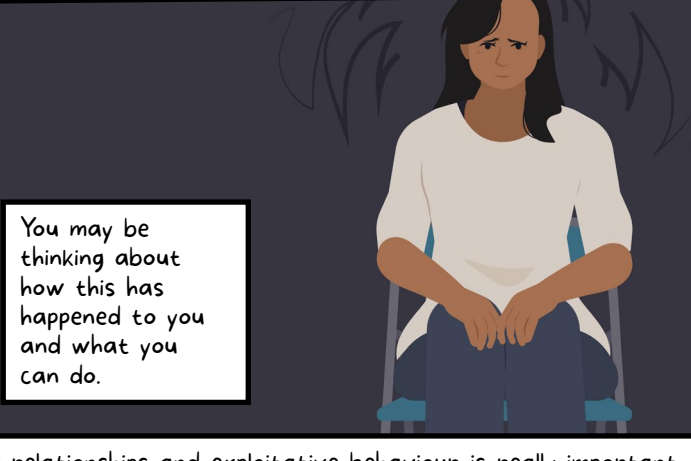


UNHEALTHY RELATIONSHIPS & EXPLOITATION



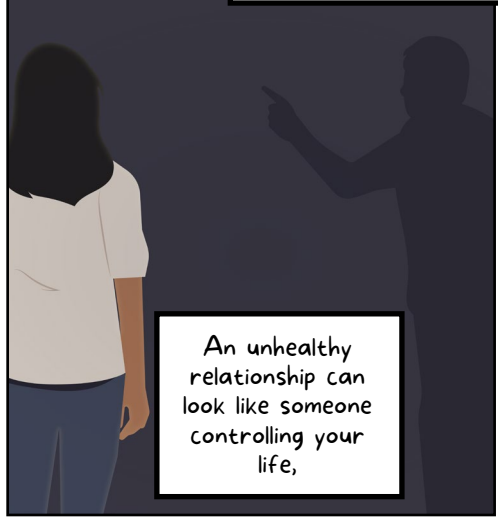
Being in custody can be a really scary experience.



You may be thinking about how this has happened to you and what you can do.

Whether it feels like it or not, you might have been exploited.

Recognising unhealthy relationships and exploitative behaviour is really important.



An unhealthy relationship can look like someone controlling your life,



harming you, or isolating you from others.



It may be that they belittle you, pressure you into sexual activities or pressure you into causing harm to others or committing crime.



You may feel scared to speak up and seek help because you're worried about the safety of loved ones that may have been threatened by someone causing you harm.



You might be feeling frightened and guilty; but you can and should still access support for your own safety.

Organisations like UK Modern Slavery & Exploitation Helpline, National Domestic Abuse Helpline and Rights of Women Criminal Law Advice Line can all offer help on sexual offences and the criminal justice system.

- UK Modern Slavery & Exploitation Helpline
08000 121 700
- National Domestic Abuse Helpline
0808 2000 247
- Rights of Women Criminal Law Advice Line
020 7251 8887



Speak to an officer and ask them to help you access this support.