



# BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

**In healthy relationships, people feel safe, equal, respected and happy. They care about what each other want.**

## **Healthy relationships involve:**

- ✓ Equality - sharing power and decision making
- ✓ Support - encouraging each others growth and goals
- ✓ Safety - feeling comfortable and safe

## **Unhealthy relationships involve:**

- ✓ Control - one partner making all the decisions
- ✓ Isolation - being cut off from friends and family
- ✓ Disrespect - name calling, insults or belittling

If domestic abuse is happening to you, it's important to tell someone and remember **you are not alone**.

## **Need advice or support?**

- ✓ Women call Refuge on **0808 2000 247**
- ✓ Men call the Men's Advice Line on **0808 8010 327** or ManKind on **0782 3334 244**
- ✓ LGBT+ call Gallop on **0800 999 5428**
- ✓ Anyone call Karma Nirvana on **0800 5999 247**
- ✓ If in an emergency, call **999**

**Strong relationships are built on mutual respect, trust and open communication.**

If you are worried about yourself or someone you know, please get in touch with the Safeguarding Team or email [safe@wiltshire.ac.uk](mailto:safe@wiltshire.ac.uk)