

## Psychological, Emotional or Mental Abuse

**Examples of psychological, emotional or mental abuse can include:**

- Blame, insults, humiliation
- Controlling, intimidation, bullying, harassment
- Being stopped from seeing other people or using services or supportive networks
- Being locked away
- Verbal abuse, swearing, threats, using tone and volume of voice to intimidate, body language
- Denial of cultural and language needs or restricting their right of access to their culture and language
- Denying the person the right to make their own decisions.

**Signs and symptoms of psychological, emotional or mental abuse include:**

- Inability to sleep or a tendency to spend long periods in bed
- Loss of appetite or overeating at inappropriate times
- Anxiety, confusion or just giving up
- Choosing to spend lots of time alone, away from others
- Appears fearful and shows signs of loss of self esteem