



TRAVELLED THE WORLD?

HIGHLY REGARDED SCIENTIST?

ENDURING EMOTIONAL ABUSE?

What is emotional abuse?

Emotional abuse is the systematic psychological power and control of one person over another. The perpetrator takes away all decisions of the person who endures, undermines all aspects of confidence and personal identity – the person does not believe in themselves and often describes this as feeling like a shell, soul-less or numb. It is so hard to identify but this has serious long term effects on a person. It is telling someone they are worthless, that no one will love them, that they are ugly and worse.

Help is closer than you think.

If this sounds familiar and you would like to speak with someone, there is a range of safe and confidential support available. Within (insert company name) you can talk to (insert appropriate company resource)