

Resources - You're being crazy! How reality TV can help you spot the signs of an abusive relationship

Helplines

- 24-hour national domestic helpline: 0808 2000 247 | <https://www.nationaldahelpline.org.uk>
- Women's Aid: <https://www.womensaid.org.uk/information-support>
- LGBT+, Galop: 0800 999 5428 | <https://galop.org.uk/get-help>
- Forced marriage and honour crimes, Karma Nirvana: 0800 5999 247, Mon-Fri, 9-5, <https://karmanirvana.org.uk/get-help>
- Men's Advice Line: 0808 8010 327 | <https://mensadviceline.org.uk/getting-support>
- Respect Helpline if you think you're abusive: 0808 802 4040
- Finding a solicitor: 0207 320 5660 | www.lawsociety.org.uk/find-a-solicitor/

References

Broken Rainbow (2013) National LGBT Domestic Violence Service, Broken Rainbow, UK. Retrieved February 2023 from: <https://www.nice.org.uk/guidance/ph50/evidence>

Grampian's Women's Aid (2019) Coercive Control: 10 Signs it's gaslighting. Women's Aid. Retrieved February 2023 from: <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>

Kaukinen, C. (2004) Status compatibility, physical violence, and emotional abuse in intimate relationships. *Journal of Marriage and Family*, 66(2), 452-471.

Save Lives UK (2023) Psychological Abuse. Save Lives: Ending Domestic Abuse. Retrieved January 2023 from: <https://safelives.org.uk/psychological-abuse#:~:text=Psychological%20abuse%20follows%20a%20pattern,a%20lot%20of%20time%20together>

Sweet, P. L. (2019) The Sociology of Gaslighting. *American Sociology Review*. 84(5), 851-875.

Women's Aid (2023) What is Coercive Control? Women's Aid. Retrieved January 2023 from: <https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>

Other resources

Love Island, ITV, (2018) 'Rosie Takes Adam Down a Peg or Two' https://www.youtube.com/watch?v=TO6eP5e5KZs&ab_channel=Loveland

Bling Empire, Season 1, Episode 1, Netflix (2019). Andrew and Kelly's phone call occurs at 21 minutes and 50 seconds in.

Scottish Women's Aid (2019) 'Hidden in Plain Sight' video on coercive control https://www.youtube.com/watch?v=36mQFefBylM&ab_channel=ScottishWomen%27sAid

Rights of Women (2016) Coercive Control and the Law: <https://rightsofwomen.org.uk/get-information/violence-against-women-and-international-law/coercive-control-and-the-law/>