

Emotional/Psychological Abuse

Psychological abuse, also called emotional abuse is when a perpetrator subjects their victim to behaviour that results in psychological trauma such as anxiety, depression, and post-traumatic stress disorder. This is often in situations where there is not an equal balance of power and can include bullying and gaslighting. Emotional abuse can happen at the same time as other kinds of abuses and can include threats of violence.

Examples of Emotional abuse:

- Isolates you from family and friends.
- Calls you names and verbally abuses you.
- Stalks and monitors you both physically and online.
- Threatens to hurt or kill you, themselves, your children or your family or friends.

- Deprives you of sleep as a punishment.
- Steals or destroys your belongings.
- Forbids you from having any social media accounts.
- Does not let you leave home without them.
- Takes away your car keys or access to transportation.
- Manipulates and encourages your children to join in the abuse against you.
- Refuses to admit or acknowledge the abuse right after it happens, trying to turn themselves into the victim (gaslighting).

- Threatens to reveal your residency and visa status to authorities if you are not legally living in Ireland.

- Prevents you from seeking family planning advice or access to medical treatment.