

## **What are the effects of domestic abuse?**

Domestic abuse has a massive effect on people, and it has a long-lasting effect as well so even once they have left that situation it takes a long time for people to recover from it. People have a really diverse range of coping mechanisms, some people will really focus on something positive, some people will find they just can't function at all. And as a result a lot of people develop mental health problems, things like depression, anxiety. At the more severe end of the spectrum things like psychosis. People can sometimes end up using things like drugs or alcohol to try and cope and then can develop addictions and things as a result. So it can also affect people's ability to function on a day to day basis, it can affect their ability to parent, their ability to spend time with other people, to work, so it's far reaching.