



Isolation



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- When you do not see or hear from family, friends or support people who help you stay strong.
- When you live in a regional or remote place where there are not many services like doctors, shops or schools.
- You can be isolated when your partner:
 - disrespects you in front of your family or friends and makes you feel shame
 - keeps you away from family and friends
 - stops you from leaving the house or going to other places without them.