ALLONE HEALTH

Domestic Violence

Awareness, Prevention & Support

Everyone Deserves to Feel Safe

Domestic violence can affect people of any age, gender, background, or relationship status. It may involve physical violence, threats, emotional or psychological abuse, sexual abuse, stalking, financial control, or technology-facilitated abuse.

Recognizing the signs and knowing where to turn for help can make a difference.



Know the Warning Signs

Possible signs of an abusive or controlling relationship include:

- Fear of a partner or changing behavior to avoid their reaction
- Isolation from family, friends, or coworkers
- Excessive monitoring of phone, social media, location, or communications
- Controlling access to money, transportation, medications, or other necessities
- Threats, intimidation, humiliation, or repeated verbal abuse
- Physical or sexual violence
- Stalking or unwanted contact
- Threats involving children, pets, housing, employment, or immigration status

How to Support Someone

If you are concerned about a coworker, friend, or family member:

LISTEN.
Give them an opportunity to talk without judgment.

BELIEVE THEM.
Avoid minimizing their experience or questioning their decisions.

RESPECT THEIR CHOICES.
Leaving an abusive relationship can be complicated and may increase risk in some circumstances.

OFFER RESOURCES.
Encourage them to connect with an advocate, counselor, healthcare professional, or Assistance Program.

PROTECT CONFIDENTIALITY
Do not share someone's situation with coworkers or others without their permission, except where legally required.



Assistance Program Support

Your Assistance Program is able to provide confidential support, counseling, safety planning, assessment, and referrals to community resources.

You can contact your Assistance Program confidentially at
800-451-1834

National Resources

National Domestic Violence Hotline

Call **1-800-799-SAFE (7233)**

Text **START to 88788**

Provides confidential support, safety planning, information, and referrals.

National Domestic Violence Hotline

Safety Planning

A personalized safety plan can help someone identify safer options before, during, or after an abusive situation.

Safety Planning Resources

If technology may be monitored, consider seeking help from a safer device and obtaining technology-safety guidance before making changes to accounts or devices.

In an Emergency

If there is an immediate threat of harm or a medical emergency, **call 911**.