



Domestic violence awareness: Love shouldn't hurt

If you have a partner who abuses or controls you, it can be scary and dangerous. Many people don't realize that domestic violence or abuse can take many forms.

- **It can be physical.** An abuser may punch, push, bite, slap and do other physical harm.
- **It can be sexual.** An abuser may force sex or falsely accuse you of flirting or cheating with someone else.
- **It can be financial.** An abuser may take all the cash and credit cards, leaving you to beg for money.
- **It can be psychological and emotional.** An abuser may threaten you, family members and even the family pet. He or she may call you names, criticize constantly and give you the silent treatment. Abusers tend to isolate their victims and create anxiety.

It won't get better if you stay

You may be afraid to reach out for help. You may be afraid to leave. You may have nowhere else to go. Your abuser may convince you you'll create more problems if you "make waves."

But here's the thing: It won't get better because you stay. And it won't get better if you give an abuser another chance — unless the abuser gets help to stop his or her behavior.

Easier said than done

Leaving an abuser is very hard. But it can be a matter of life and death. If you need help to get out of an abusive situation, we're here for your 24/7. You can also call the Domestic Violence Hotline, **1-800-799-7233**. Call **911** if you're in imminent danger.

The EAP is administered by Resources For Living, LLC.

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