

DO I NEED HELP FOR INTIMATE PARTNER VIOLENCE?

WHAT IS INTIMATE PARTNER VIOLENCE?

Intimate Partner Violence is abuse by a live-in partner, former live-in partner, or someone with whom you have a significant relationship. Intimate Partner Violence can happen to anyone regardless of race, age, sexual orientation, religion, or gender.

Signs of Intimate Partner Violence

Mental or Emotional Abuse

A regular pattern of verbal offense such as threatening or constant criticism or subtle tactics such as shaming and manipulation.

Controlling Behavior

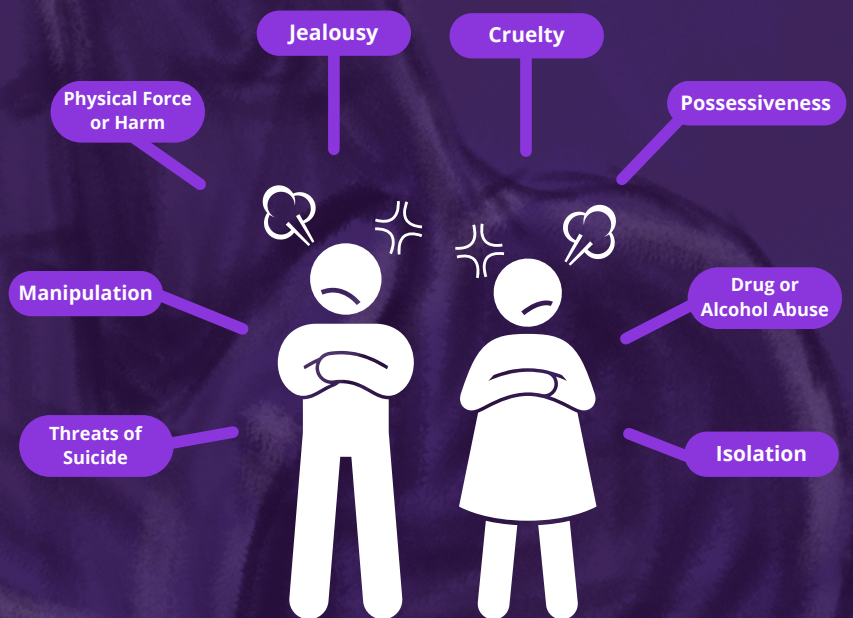
Keeps financial secrets or prevents you from spending money. Looks through your email, phone, or internet history without your knowledge or permission.

Isolation

Cuts you off from family and friends or tries to influence or choose your activities.

Physical Abuse

Any use of force or physical harm.



**INTIMATE PARTNER VIOLENCE
CAN AFFECT ANYONE.**

If you believe you may be in an unhealthy relationship, seek help and create a safety plan that includes safe places, safe people, code words, a bag packed with essential items if leaving in a rush, emergency childcare options, and more.

YOU DESERVE SAFE, HEALTHY RELATIONSHIPS.

If you or someone you love may be experiencing signs of Intimate Partner Violence, contact the National Domestic Violence Hotline (TDD) at 800-787-3224.

Visit www.domesticshelter.org to find shelter and other domestic violence help in your area.

For more information on behavioral health resources, visit <https://bhwell.uky.edu>

References:

1. United Nations. What Is Domestic Abuse? United Nations. <https://www.un.org/en/coronavirus/what-is-domestic-abuse>.
2. National Domestic Violence Hotline. <https://www.thehotline.org/identify-abuse/warning-signs-of-abuse/>.
3. Warsaw, C., Sullivan, C., & Rivera, E. (2013). A systematic review of trauma-focused interventions for domestic violence survivors.