

# 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

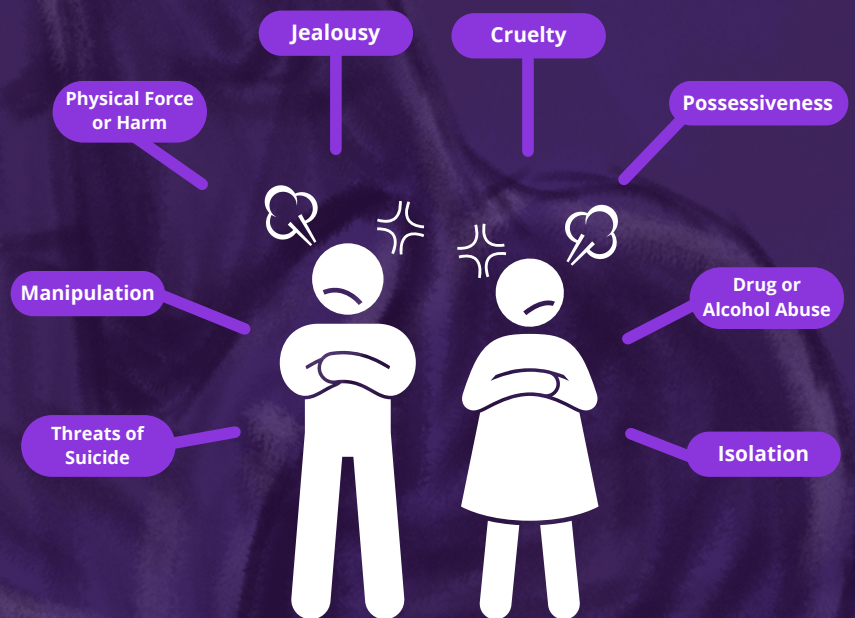
Keeps financial secrets or prevents you from spending money. Looks through your email, phone, or internet history without your knowledge or permission.

### 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 800-799-SAFE (7233).

Visit [www.domesticshelter.org](http://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.