

Domestic Violence

Get Help Now

Domestic violence in any form is harmful and never acceptable.

It often starts out as threats and verbal violence that slowly erodes your self-esteem and ability to function, and frequently escalates to physical violence.

Many people are not aware that they are in an abusive relationship until they recognize the early signs. Recognition is the first step to getting help to end the abuse and lower your risk for more harm.



What to Ask Yourself

If you answer yes to one or more of these questions, it's important that you don't delay getting help.

- **Am I being spied on or followed by my partner at work or when I'm out?**
- **Am I being isolated from friends or family?**
- **Am I not free to come and go as I please?**
- **Are my children being used as leverage against me?**
- **Are my finances restricted?**
- **Am I being verbally attacked?**
- **Am I being forced into having sex?**
- **Am I being ridiculed or belittled?**

Get HELP Now!

If you or someone you love is being abused in any way, reach out for help as soon as possible.

Just call us. Our experienced, compassionate experts can help you explore all your options, learn about resources, and find you the help you need.

In an immediate crisis, call the National Domestic Violence Hotline 24/7 at **1.800.799.SAFE (7233)** or **911**.

You don't have to live in fear of your partner.

HealthAdvocate™
Always at your side