DOMESTIC VIOLENCE AWARENESS

Types of Abuse

- **Emotional Abuse**: Includes non-physical behaviors that are meant to control, isolate, or frighten someone, including gaslighting.
- **Financial Abuse**: Occurs when an abusive partner extends their power and control into your financial situation.
- **Digital Abuse**: Is the use of technology and the Internet to bully, harass, stalk, intimidate, or control a partner.

Gaslighting: An extremely effective form of emotional abuse that causes a victim to question their own feelings, instincts, and sanity.

Warning Signs in the Workplace

- Unsuitable attire: wearing sunglasses inside or long sleeves in the summer to cover injuries
- Changes in work performance
- Workplace disruptions, harassing phone calls and texts to employee and co-workers
- Reluctance to leave work
- Lack of access to money
- Receives flowers/gifts at the office after periods of emotional distress or injury

Lifestyle EAP
Call 800.989.3277
Counseling, legal consultations and other referrals

National Domestic Violence Hotline
Call 1.800.799.SAFE (7233)
Visit www.thelotline.org
TEXT “START” TO 88788
Available 24/7

National Network to End Domestic Violence – State & Local Resources
https://nnedv.org/content/state-u-s-territory-coalitions/