

DOMESTIC VIOLENCE AWARENESS

TYPES OF ABUSE Physical and sexual violence are often used to reinforce subtle forms 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.thehotline.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/](https://nnedv.org/content/state-u-s-territory-coalitions/)