

Your Personal Safety

Domestic violence can happen in any relationship. Victims of domestic violence typically feel alone and are not sure where to turn for help. You can make a difference in your life, the life of your family and others close to you by learning about domestic violence.

Over 22 million women in the United States have been sexually assaulted or abused in their lifetime.¹

Types of Abuse:

Domestic violence is often called a silent crime because many people don't report it. Understanding the types of abuse can help.

Physical Abuse: People who hit, slap, shove, grab, pinch, bite, pull hair and other acts of violent behavior that inflict pain on the other person are committing forms of physical abuse.

Emotional Abuse: This type of abuse can include criticism, name calling, verbal attacks and damaging a relationship between children.

Sexual Abuse: Coercing or attempting to coerce any sexual contact or behavior without consent is sexual abuse. This includes; marital rape, attacks on sexual parts of the body, forcing sex after physical violence and treating one in a sexually demining manner.

Economic Abuse: Making or attempting to make an individual financially dependent by maintaining total control over financial resources, withholding access to money or forbidding attendance at school or work.

Psychological Abuse: Causing fear through intimidation, threatening physical harm to self, partner, children, extended family and/or friends.

Red Flags:

Listed below are some potential warning signs of someone who is a victim of domestic violence.

- Constant complaints about aches and pains.
- Unexplained cuts or bruises.
- Not allowed to use the phone.
- Little or no control over money.

1. National Intimate Partner and Sexual Violence Survey 2010



Contact Us

Your program provides access to tools and other resources online or call us directly to speak to a professional counselor who is available everyday at any time to provide confidential assistance at no cost to you.

Visit MagellanHealth.com/member

Resources

If you are afraid your internet and/or computer usage might be monitored, please use a safe computer or call.

For more information about domestic violence, visit the following websites:

- National Coalition Against Domestic Violence: www.ncadv.org
- Safe Horizon: www.safehorizon.org
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) or www.thehotline.org

- Not allowed to make decisions or get a new job.
- Absent from work.
- Withdrawn from social settings.
- Forbidden from seeing friends unless partner is present.

Making a difference

It hurts when someone close to you is in an unhealthy relationship. You can make a difference:

- Listen and be non-judgmental.
- Encourage help from a professional.
- Focus on the strengths of that person.
- Do not minimize the situation.
- Encourage the person to develop a safety plan.
- Informed about domestic violence.

What to do if you are a victim of domestic violence

Many people who are victims of domestic violence are scared to reach out for help. They may not want to burden their family and friends with this problem and will usually believe that the violence will eventually go away and stop. Breaking free from domestic violence is difficult.

Victims may feel scared for their safety and might be concerned about how to bring up the topic, who to talk to, or where to go.

Find support through friends, family, or other support groups that can help find additional resources and tools. Contact your local police department and discuss different options available to you.

Help is available. You can call the National Domestic Violence Hotline at 1-800-799-7233 at any time, day or night.

**Go Online to Access
More Information!**