

Domestic Violence Information

You are not alone

What Is Domestic Violence

Domestic violence is a pattern of behavior used to gain power or control over another person. It can include:

- Physical abuse

- Emotional or verbal abuse

- Sexual abuse

- Financial control

- Psychological manipulation

- Digital or technology-based monitoring

Domestic violence can occur between spouses, dating partners, family members, people who share a child, or people who currently or previously lived together.

Warning Signs of an Abusive Relationship

You may be experiencing abuse if your partner:

1. Threatens, intimidates, or insults you
2. Constantly criticizes or humiliates you
3. Tries to isolate you from family and friends
4. Controls money or financial decisions
5. Monitors your phone, social media, or location
6. Makes you feel afraid, trapped, or controlled

Why Is It Hard to Leave

Many abusive relationships follow a cycle:

7. Tension builds.
8. Abuse occurs.
9. Apologies and promises to change follow.
10. The cycle repeats.

Leaving can be difficult due to fear, financial concerns, children, housing needs, or hope that the abuse will stop.

Remember: Abuse is never your fault.

Confidential Help Is Available

You have options. Confidential support is available 24 hours a day.

National Domestic Violence Hotline

Phone: 1-800-799-7233 (1-800-799-SAFE)

National Sexual Assault Hotline

Phone: 1-800-656-4673 (1-800-656-HOPE)

National hotlines can help connect you with local resources and support services in your area. You can also reach out to your onsite nurse, if available, a member of the HR team, or a trusted supervisor for help accessing available resources.

You Deserve to Feel Safe

If you or someone you know is experiencing abuse, help is available. Reaching out is a sign of strength, and support is only a phone call away.