

# WHEN STAYING HOME ISN'T SAFE

## WHAT IS INTIMATE PARTNER VIOLENCE/DOMESTIC VIOLENCE?

Intimate Partner Violence/Domestic Violence refers to aggression/abuse in relationships — regardless of ethnicity, class, gender, etc. Unhealthy relationship behaviors are sometimes assumed to be normal due to upbringing or when ascribed to mental illness.

## WHAT ARE THE SIGNS OF ABUSE?

### ***Name Calling and Put-Downs***

Swearing, demeaning, embarrassing, insulting, criticizing, belittling and humiliating

### ***Physical and Verbal Threats***

Stalking, yelling, using intimidation and fear, threatening to kick someone out of their home, threatening to harm oneself or others, children or pets

### ***Physical Aggression***

Hitting, pushing, choking, kicking, strangling, restraining, biting, or forcing someone to engage in sexual activity

### ***Controlling Behaviors***

Constantly checking-in, controlling partner's movements such as going out to see others, withholding necessities such as use of the car, money, and medical care

### ***Jealousy or Paranoia***

Irrational, without reason, possessive, accusing partner of cheating or having feelings for someone else

### ***Isolation***

Keeping partner away from friends and family, belittling loved ones, keeping partner from communicating with loved ones and/or other support systems

### ***Blame and Manipulation***

Does not accept responsibility for behavior, projects feelings on to others, acts as if nothing happened, blames partner for provoking their behavior, uses guilt and shame, uses drugs, alcohol, or mental illness as an excuse for behavior

If you are experiencing any of the above—veterans, partners and family members may contact the following:

**In case of emergency, call 9-1-1.**

### **Directory of Intimate Partner Violence Assistance Program:**

Visit [www.socialwork.va.gov/IPV/Coordinators.asp](http://www.socialwork.va.gov/IPV/Coordinators.asp) to locate the IPVAP coordinator closest to you.

**National Domestic Violence Hotline:** 1-800-799-SAFE (7233) or text LOVEIS to 22522.

### **Veterans Crisis Line:**

1-800-273-8255 press 1

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HEALTHCARE

Veterans Program

**EMORYHEALTHCARE.ORG/VETERANS**

**888-514-5345**