

How is my health being affected?

Ask yourself:

- ✓ Are you over-eating and gaining weight?
- ✓ Do you often find yourself depressed or anxious?
- ✓ Do you have frequent headaches and/or chronic back or abdominal pain?
- ✓ Have you been diagnosed with hypertension or heart disease?

Any of these health problems may be the result of chronic stress from an abusive relationship. Making these connections can help you take steps towards better health.

How are your children doing?

Studies show that children who live in homes where their mother has been hurt are more likely to experience learning disabilities, behavior problems, drug and alcohol abuse, or even repeat abusive behavior as adults. But, children can also get through the hard times and here are some ways you can help:

1. Let them know it isn't their fault.
2. Keep an open door for when your child is ready to talk.
3. If your child is anxious or has behaviors that concern you, consult a pediatrician or counselor. Connect them to children's programs available in domestic violence programs.

If you are being hurt by your partner, it is NOT your fault. You deserve to be safe and healthy.

Call the
National Domestic Violence Hotline
for toll-free, 24/7 support with:

*safety planning, housing
options, and local referrals.*

1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224
www.thehotline.org

**Call 911 if you are in
immediate danger.**



**IS YOUR
RELATIONSHIP
AFFECTING
YOUR HEALTH?**

**FUTURES
WITHOUT VIOLENCE**
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Are you in a **HEALTHY** relationship?

Ask yourself:

- ✓ Is my partner willing to communicate openly when there are problems?
- ✓ Does my partner give me space to spend time with other people?
- ✓ Is my partner kind and supportive?

If you answered **YES** to these questions, it is likely that you are in a healthy relationship. Studies show that this kind of relationship leads to better physical and mental health, longer life and better outcomes for your children.

Are you in an **UNHEALTHY** relationship?

Ask yourself:

- ✓ Does my partner shame me or humiliate me in front of others or in private?
- ✓ Does my partner control where I go, who I talk to, and how I spend money?
- ✓ Has my partner hurt or threatened me, or forced me to have sex?

If you answered **YES** to any of these questions, your health and safety may be in danger.

Here are some proven steps you can take to help you cope and improve your health.

1. Talk with someone supportive that you trust about what's going on.
2. If it is safe, write about the pain you have experienced.
3. Reduce your stress through deep breathing and exercise.
4. Talk to your health care provider about things you may be doing to help you cope, such as: over-drinking, using drugs, or over-eating and support for next steps.

If your safety is at risk, here's how you can protect yourself:

1. Call 911 if you are in immediate danger.
2. Prepare an emergency kit for a situation where you have to leave suddenly (keys, money, legal and important documents, medicines, social security numbers, bank account information etc.) Call a domestic violence hotline for additional help planning.
3. Develop a safety plan with your children, including people they can call in an emergency including 911.
4. Talk to your health care provider, who can provide you with a private phone to call for help.

