



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

1. Talk with someone you trust about what's going on.
2. Write about the pain you have experienced.
3. Reduce your stress through deep breathing and exercise.
4. Talk to your health care provider about poor coping habits such as *smoking, drinking, drugs, and over-eating* and steps to take for change.

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

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

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 they are NOT at fault
2. Keep an open door for if and when your child is ready to talk about their experience.
3. If your child is anxious or has behaviors that concern you, consult a pediatrician or counselor.

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-hour support in:
safety planning, housing options, legal advice and local referrals.

1 800 799 7233 or 1 800 787 3224

Call 911 if you are in immediate danger.



Formerly Family Violence Prevention Fund



**KAISER
PERMANENTE**

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 criticize me and make me feel like I'm at fault?
- Does my partner control where I go, who I talk to, and how I spend money?
- Has my partner hurt or threatened me, or pressured me to have sex?

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

How is my health being affected?

Ask yourself:

- Are you over-eating and *gaining weight*?
- Do you often find yourself *depressed* or overly *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.