



Domestic Violence

Domestic violence occurs when one person in a relationship exerts control over the other. It affects people of all ages, genders, ethnicities, and economic situations.

Methods of Control

- Physical (physical threats or harm)
- Emotional (undermining, constant criticism)
- Psychological (gaslighting, isolation)
- Sexual (sexual assault, humiliation)
- Economic (controlling bank accounts, creating problems at work)

Domestic Violence Tactics

- Insecure, possessive, controlling, or jealous behavior
- Unpredictable temper or mood swings
- Invading privacy or accessing mail, phone, and email or social media accounts without permission
- Showing up at work or social events uninvited
- Blaming a partner when disappointed or upset
- Claiming a partner is “forcing” them to be abusive
- Threats, stalking, or harassment, either while in the relationship or after it has ended



LifeMatters Resources

- **Call LifeMatters** for immediate, in-the-moment support, available 24/7/365
- Get anonymous, online support from others by joining **Togetherall** on mylifematters.com

Quick Tips:

- **Children or family members may be targets of abuse or witness it firsthand**
- **Create a safety plan so that you are prepared if you decide to leave**
- **LifeMatters is available 24/7/365 to provide emotional support or helpful resources**

1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

mylifematters.com • 24/7/365 • CRS TTY: 711

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice. LifeMatters is provided by Empathia, Inc., an independent consultation firm.

