

Prevent Domestic Violence:

Recognize Abuse

It's not always easy to tell if a relationship may be headed toward abuse. But a common factor is that an abuser does many things to gain control over their partners.

If you answer yes to one or more of these questions, it's important that you don't delay getting help.

Your partner is controlling if he or she...

- Puts you down
- Discourages you from seeing friends or family members
- Controls every penny spent in the household
- Looks at you or acts in ways that scare you
- Says you are a bad parent or threatens to harm or take away your children
- Prevents you from working or attending school
- Destroys your property or threatens to harm your pets
- Pressures you to have sex or use drugs or alcohol

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Getting Help

If you think your partner is controlling or may become violent, it's important to get help as soon as possible to protect yourself and lower your risk for more harm.

Just contact us. Our experienced experts can help you explore your options, learn about resources and find you the help you need.

answers@HealthAdvocate.com

If you are in immediate danger... call 911.

Or call the **National Domestic Violence hotline 800.799.SAFE (7233)**.

An expert will tell you about the signs of abuse and what you can do next.

HealthAdvocate™
Always at your side