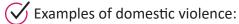


## **TIPS**



- Actual or threatened physical harm
- Sexual assault
- Stalking
- Intimidation
- Keeping a partner from contacting family or friends
- Name-calling or putdowns
- Withholding money
- Stopping a partner from getting or keeping a job
- Health effects of domestic violence includes:
  - Anxiety
  - Depression
  - Feeling badly about yourself
  - Sleep problems or feeling tired a lot
  - Physical injuries
  - Difficulty paying attention to your children
  - Headaches, backaches, or stomachaches
  - High blood pressure
  - Eating problems, such as eating too much or not enough
  - Diseases or unplanned pregnancies from forced sex
  - Substance abuse

## **Getting Help**

- Let your nurse or doctor know that you are afraid of your partner or that your partner is hurting you. Your health care provider may be able to:
  - Meet with you privately.
  - Talk with you about your options.
  - Help you find services you may need –
    a place to stay, counseling, legal help, etc.
  - Keep records of any injuries (These might be useful if you ever decide to go to court for a protective order or to seek custody of your children).
- For support and referral:
  - The Virginia Family Violence & Sexual Assault Hotline at 1-800-838-8238 (v/tty)
  - The LGBTQ Partner Abuse and Sexual Assault Helpline: 1-800-356-6998.

If you would like more information on injury and violence prevention education and information, call 1-800-732-8333 or email ivp@vdh.virginia.gov



If you or someone you know is experiencing a life threatening injury or act of violence, please dial 911 immediately.