

# MENTAL HEALTH MOMENT



## Intimate Partner Violence KNOW THE FACTS

**WHAT IS IT?** Intimate Partner Violence (IPV), previously known as domestic abuse, is a serious, preventable public health problem that affects millions of Americans. The term “Intimate Partner Violence” describes physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy. *(CDC.gov)*

- The Center for Disease Control (CDC) defines 4 main types of intimate partner abuse: physical violence, sexual violence, stalking, and psychological aggression.
- Nearly 3 in 10 women and 1 in 10 men in the US have experienced rape, physical violence, and/or stalking by a partner and report a related impact on their functioning. *(CDC factsheet, 2017)*
- A study of intimate partner violence survivors found that 74 percent of employed battered women were harassed by their partner while they were at work. *(Family Violence Prevention Fund)*

### What can you do if you are a victim of intimate partner violence?

**1 CHAT ONLINE**

**www.thehotline.org** is a web-based chat service that supports individuals in IPV situations.

**2 24/7 HOTLINE**

**Call 1.800.799.7233**, the National Abuse Hotline providing 24/7 support.

**3 CALL 2-1-1**

**Representatives know the resources** in your area that provide housing and group support for those who feel trapped in IPV situations.

**4 PLAN AHEAD**

**Prepare an “overnight bag”** and be ready to leave if needed. Know a trusted friend, relative or shelter in advance.

**Employee Assistance Program (EAP):** Your Company provides private and confidential support through prepaid counseling at any Bowen Center location. Call **1.800.342.5653** today to set an appointment.