

Wellness Counseling Corner Newsletter

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Help End Domestic Violence

We have spent the month of October learning more about healthy and unhealthy relationships. You may be wondering, “what can I do to help?” The first step to ending the cycle of power imbalance and control is understanding the types of abuse in domestic violence. *This week we will focus on the types of domestic violence and tips for how to support survivors.*

Physical abuse is intentional, unwanted contact. Physical abuse ranges from unwanted physical contact, pushing, hitting, preventing someone from leaving, forcibly taking someone somewhere, and the use of objects to threaten. **Verbal and emotional abuse** are often used together. The abuser will make threats or belittle the survivor. Emotional abuse is used to control survivors. It can also make them question their own self-worth, making safety planning more difficult.

Financial abuse is present in approximately 99% of domestic violence cases. However, 78% of Americans do not recognize financial abuse as domestic violence. Financial abuse is a powerful form of control. Many survivors credit financial abuse as their reason for staying in the relationship. Financial abuse creates dependence.

Be an advocate. Support those around you. Be the change!

(<https://www.pcadv.org/about-abuse/types-of-abuse/>)

Survivor Support

- ◆ **Contact Police**
 - ◆ Specifically in cases of immediate threat
- ◆ **Talk to the Survivor**
 - ◆ Talk to them in a safe location
 - ◆ Offer support and resources
 - ◆ Discuss safety plans
- ◆ **PA Resources**
 - ◆ Pennsylvania Coalition Against Domestic Violence
 - ◆ 717-545-6400
 - ◆ www.pcadv.org
 - ◆ Victim Services of Family Services, Inc.
 - ◆ 800-500-2849
 - ◆ Women's Help Center
 - ◆ 814-443-2824
- ◆ **National Resources**
 - ◆ National Domestic Violence Hotline
 - ◆ 1-800-799-SAFE (7233)
 - ◆ thehotline.org
 - ◆ OneLove
 - ◆ <https://www.joinonelove.org/get-help/#real-time>



**DOMESTIC VIOLENCE
AWARENESS MONTH**