



## 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 or text LifeMatters** for immediate, in-the-moment support, available 24/7/365
- To schedule an appointment to discuss domestic violence concerns, **Access Counseling** on mylifematters.com
- 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**

## 1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365  
**mylifematters.com** • Text\* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)  
Call collect to **262-574-2509** if outside of North America  
TTY/TRS 711 and language translation services are available

