

Spotlight on: Domestic Violence and Abuse

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues surrounding Domestic Violence and invite you to learn more.

Did you Know?

People who survive Physical and Sexual Violence can also experience:

- Depression
- Anxiety
- Post-Traumatic Stress Disorder (PTSD)
- Suicidal attempts
- Sleeping and eating disorders

Mental Health Coercion

Definition: abusive tactics targeting a partner's mental health as part of a broader pattern of abuse and control

Examples:

- Preventing someone from accessing treatment and medication
- Convincing someone that no one will believe them
- Coercing someone to use substances
- *Gaslighting*

Gaslighting

Definition: A form of emotional abuse that causes a victim to question their own feelings, instincts, and sanity, which gives the abusive partner a lot of power and control.



7 out of 10 psychologically abused women show symptoms of PTSD and/or depression

85%

of domestic violence survivors say a partner has accused them of having a mental illness



MORE THAN 50%

Almost 50% of domestic violence survivors seeking mental health support said they were prevented or discouraged by their partner from getting that help and taking medication.

of domestic violence survivors say a partner threatened to tell authorities they were mentally unstable to prevent them from getting something they needed, such as custody, an Order of Protection, or medication.

Domestic Violence is Trauma. Experiencing trauma is linked to:



Substance use



Engaging in risky behavior (like self-injury or risky sexual encounters)



Mental Health conditions

Data from: NYS Office of Prevention of Domestic Violence, National Center on Domestic Violence, Trauma and Mental Health, National Domestic Violence Hotline

Take Action

Learn some of the warning signs of abuse:

PHYSICAL SIGNS:

bruises
black eyes
marks on the wrist or neck
clothes inappropriate for the season

EMOTIONAL SIGNS:

personality changes
withdrawal
isolation
nervousness
overly apologetic

CONTROLLING BEHAVIOR:

needing permission to do things
constantly updating their partner about whereabouts
not being allowed to wear or do certain things
not being allowed to spend time with certain people

Learn how to ask and respond:

ASK VICTIMS:

How can I help you be safer?
How can I support you?
What are your biggest fears?

TELL VICTIMS:

I am concerned for your safety.
This is not your fault.
Help and resources are available.

Need Help?

The NYS Domestic and Sexual Violence Hotline:

Call: 800-942-6906 | Text: 844-997-2121 | Chat: opdv.ny.gov



Office of
Mental Health

Office for the
Prevention of
Domestic Violence