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 guestion their own feelings, instincts, and sanity, which gives the abusive partner a lot of power and control.

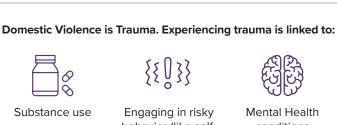
7 out of 10 psychologically abused women show symptoms

Almost 50% of domestic violence

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

MORE THAN 50%

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.



behavior (like selfinjury or risky sexual encounters)

conditions

Take Action

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

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?

988 Suicide and Crisis Lifeline: Call or text 988 or chat 988lifeline.org/chat The NYS Domestic and Sexual Violence Hotline: Call: 800-942-6906 | Text: 844-997-2121 | Chat: opdv.ny.gov



Office for the **Prevention of Domestic Violence**



of PTSD and/or depression



survivors seeking mental health support said they were prevented or discouraged by their partner from getting that help and taking medication.

