



Intimate Partner Abuse

Intimate Partner Abuse can happen in any relationship regardless of social class, ethnicity, religion, gender, age group, or sexual orientation.



Intimate Partner Abuse is generally part of a continuing cycle—referred to as the cycle of violence—that is difficult to break. Without intervention, it often becomes more destructive over time. Learning to recognize signs of Intimate Partner Abuse may help identify if an intimate relationship is at risk of, or affected by it.

What to Watch For

Intimate Partner Abuse can be physical, sexual, emotional, economic or psychological. It can include actual acts of violence, threats of violent actions, or other controlling behaviors.

General warning signs of someone who is a victim of Intimate Partner Abuse may include, but are not limited to, the following. He or she may:

- Seem afraid or anxious to please their partner.
- Receive frequent, harassing phone calls from their partner.
- Be belittled or embarrassed by their partner.
- Not have input with decisions.
- Talk about their partner's temper, jealousy, or possessiveness.
- Have frequent "accidental" injuries, often wearing clothes to hide the injury.
- Frequently miss work, school, or social occasions, without explanation.
- Be restricted from seeing family and friends, or rarely seen without their partner.
- Have limited access to money, credit cards, the car or other resources.
- Have very low self-esteem, even if they used to be confident.
- Be depressed, anxious, or suicidal.

If abuse is acknowledged, the victim may act like it isn't a big deal or their fault.

What You Can Do

If you or someone you know is experiencing any of the characteristics listed above, your Employee Assistance Program (EAP) can help you with identifying the next step. If you feel there is immediate danger, call 911 or a local law enforcement agency.

Additional Resources

- **National Domestic Violence Hotline:** available 24 hours a day, 7 days a week at 1-800-799-SAFE (7233) and 1-800-787-3224 (TTY). Spanish speakers are available. Provides referrals to resources, such as women's shelters or crisis centers, and crisis intervention.
- **The National Women's Health Information Center:** visit www.womenshealth.gov/Violence/state/ or call 1-800-994-9662 for a list of state resources dealing with Intimate Partner Abuse.

To contact UW CareLink Faculty and Staff Assistance Program:



Call:
1-866-598-3978



Visit:
www.apshelplink.com
(company code: UW)