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October is National Domestic Violence Awareness Month.

10 warning signs of domestic violence: Does your partner...

- **Accuse you of cheating and being disloyal?**
- **Hurt you by hitting, choking, or kicking you?**
- **Make you feel worthless?**
- **Try to control what you do and who you see?**
- **Isolate you?**
- **Control your access to money?**
- **Stalk you, including calling you constantly or following you?**
- **Threaten to hurt themselves if they don't get what they want?**
- **Pressure or force you into unwanted sex?**
- **Intimidate or threaten to hurt you or someone you love?**

Developing a safety plan:

- **Identify a safe friend or friends and safe places to go:** Create a code word to use with friends, family, or neighbors to let them know you are in danger without the abuser finding out. If possible, agree on a secret location where they can pick you up.
- **Keep an alternate cellphone nearby:** Try not to call for help on your home phone or your cellphone. Your partner might be able to trace the numbers. If you don't have a cellphone, you can get a prepaid cellphone.
- **Memorize the phone numbers of friends, family, or shelters:** If your partner takes your phone, you will still be able to contact loved ones or shelters for a safe place to stay.
- **Make a list of things to take if you have to leave quickly.** Important identity documents and money are the top priority. Get these items together, and keep them in a safe place where your partner will not find them. If you are in immediate danger, leave without them.
- **Hide an extra set of keys:** if you can, hide an extra set of car keys so you can leave if your partner takes away your usual keys.

Resources:

- **Holly's House- (812) 437-7233**
- **Albion Fellow Bacon Center- (812) 422-9372**
Domestic Violence: (812) 422-5622
Sexual Assault: (812) 424-7273

**For anonymous,
confidential help, call
the National Domestic
Violence Hotline at
1-800-799-7233**

If you believe you are a
victim of domestic
violence, please schedule
an appointment with a
therapist for further
information!

