



## Domestic violence impacts **millions in the U.S.**

One in four women and one in seven men experience severe physical violence from an intimate partner in their lifetime. But abuse is more than physical. It can also be emotional, sexual, digital and financial.

Recognizing the warning signs of abusive and controlling behaviors is important. The Hotline can help.

- Call **1.800.799.SAFE (7233)**
- Text **“START”** to **88788**
- Chat **thehotline.org**



Domestic violence, also known as relationship abuse or intimate partner violence, is a pattern of behaviors one partner uses to gain or maintain power and control over another partner.

## You may be in an abusive relationship if your partner:

- Communicates with you in a hurtful or threatening way
- Isolates you from others
- Controls finances in the household without discussion
- Uses technology to monitor your location/activities
- Humiliates you, especially in front of other people

---

Experiencing abuse is harmful and overwhelming. If you have concerns about your relationship, you are not alone. Our services are free, confidential, and available 24/7.

**Call 1.800.799.SAFE (7233) ■ Text “START” to 88788 ■ Chat [thehotline.org](https://www.thehotline.org)**



*The production of this publication was supported by Grant Number 90EV0459 from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of the National Domestic Violence Hotline and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.*