



How is my health being affected?

Ask yourself:

- ✓ Are you over-eating and *gaining weight*?
- ✓ Do you often find yourself *depressed* or overly *anxious*?
- ✓ Do you have frequent *headaches* and/or *chronic back* or *abdominal pain*?
- ✓ Have you been diagnosed with *hypertension* or *heart disease*?

ANY of these health problems may be the result of chronic stress from an abusive relationship. Making these connections can help you take steps towards better health.



How are your children doing?

Studies show that children who live in homes where their mother has been hurt are more likely to experience *learning disabilities, behavior problems, drug and alcohol abuse*, or even *repeat abusive behavior* as adults. But, children can also get through the hard times and here are some ways you can help:

- 1 Let them know they are NOT at fault
- 2 Keep an open door for if and when your child is ready to talk about their experience.
- 3 If your child is anxious or has behaviors that concern you, consult a pediatrician or counselor.



If you are being hurt by your partner, it is NOT your fault. You deserve to be safe and healthy.

Call the **National Domestic Violence Hotline** for toll-free, 24-hour support in:

safety planning, housing options, legal advice and local referrals.

1 800 799 7233 or
1 800 787 3224

Call 911 if you are in immediate danger.

Family Violence Prevention Fund

www.endabuse.org

Funded in part by the U.S. Department of Health and Human Services, Administration for Children and Families.



**DID YOU KNOW
THAT YOUR
RELATIONSHIP
AFFECTS YOUR
HEALTH?**

