

Domestic violence toolkit

Domestic violence is a widespread and complex issue. And it can affect anyone. Domestic violence doesn't discriminate based on gender, race, economic status or sexual orientation.

But many people don't know how to recognize the warning signs that a relationship is abusive. They don't know what to do to stay safe. And they don't know where to go for help.

Learn more

Here are some resources and information to help you address domestic violence issues:

- Abusive relationships: Recognize the warning signs and get help
- Leaving your abuser
- Strategies for staying safe at home
- Child abuse

If you or someone you know is experiencing domestic violence, the National Domestic Violence Hotline is a resource. Call **1-800-799-7233/ TTY 1-800-787-3224** or go to **thehotline.org** to chat with a domestic violence counselor.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.

