

BREAKING THE SILENCE: HELP AND HEALING FOR SURVIVORS OF IPV



October is National Domestic/Intimate Partner Violence Awareness Month

We understand how difficult and dangerous domestic and intimate partner violence (IPV) can be. You don't have to go through it alone—support is available.

If you've experienced sexual assault or violence, we're here to support you.

Here's how we can help:

- Confidential Counseling Services
- Legal and Medical Referrals
- Connections to trusted therapists and specialists in your network
- Access to our Mental Resilience App, Wysa

Remember, **you are not alone.** If you have experienced sexual or physical violence, or emotional and psychological abuse, support is available.

Contact us today to learn more about our confidential services and to schedule an appointment with a counselor.



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

Signs You May Be Experiencing Violence From an Intimate Partner

- You feel afraid of your partner or constantly try to avoid upsetting them.
- They control who you see, where you go, or what you do.
- They insult, criticize, or humiliate you often.
- They physically harm you in any way—hitting, pushing, or restraining.
- They pressure or force you into sexual activity without consent.

How Can National EAP Help?

► **Member Portal Resources:**

Explore a rich library of articles, webinars, and tools. Log in and search "Domestic Violence" or Affective Disorder" or "Intimate Partner Violence" to find relevant content.



► **Wysa: Mental Resilience App**

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



► **Work-Life Resources:**

Access support for managing IPV, including coping strategies, light therapy tips, and stress reduction tools. Our network of emotional, legal, and financial support resources is available 24/7.



BREAKING THE SILENCE: HELP AND HEALING FOR SURVIVORS OF IPV

What Can I Do if I'm Being Abused?

Your safety is the most important concern. If you are in immediate danger, **call 911**. If you are not in immediate danger, consider these options:

- ▶ **Get medical care.** If you have been injured or sexually assaulted, go to a local hospital emergency room or urgent care center. You need medical care and may need medicines after being injured or raped.
- ▶ **Call a helpline for free, anonymous help.** Call the National Domestic Violence Hotline (<https://www.thehotline.org>) at 800-799-SAFE (800-799-7233) or 800-787-3224 (TDD).
- ▶ **Make a safety plan to leave.** Think about a safe place for you to go and other things you will need. Staff at the National Domestic Violence Hotline (<https://www.thehotline.org>) can help you plan.
- ▶ **Save the evidence.** Keep evidence of abuse, such as pictures of your injuries or threatening emails or texts, in a safe place the abuser cannot access.
- ▶ **Find out where to get help in your community.** Look up local resources on the VictimConnect website: <https://victimconnect.org/resources/search-resources>.
- ▶ **Talk to someone.** Reach out to someone you trust. This might be a family member, a friend, a coworker, or a spiritual leader. Look for ways to get emotional help, like a support group or mental health professional.
- ▶ **Look into a restraining order.** Protection orders, often called restraining orders, are meant to keep you safe from a person who is harassing or hurting you. The police can arrest a person who violates a restraining order and charge them with a crime.



[Need Help?](#)

CALL : 1-800-624-2593

[Log On to the Member Portal](#)