



Red Flags of Emotional Abuse



The person you believe to be the abuser may:

- Call the victim names, insulting them, or constantly criticizing them.
- Act jealous or possessive or refuse to trust them.
- Isolate them from family, friends, or other people in their life.
- Monitor the victims activities with or without their knowledge.
- Humiliate the victim in any way, especially in front of others.
- Telling the victim that they're lucky to be with them or that they'll never find someone better.
- **Gaslighting** them by pretending not to understand or refusing to listen to them; questioning their recollection of facts, events, or sources; trivializing the victims needs or feelings; or denying previous statements or promises.

The person you believe to be the victim may:

- Act submissive towards their partner or anxious to see/ be around their partner.
- Show physical injuries, or wearing unusual clothing as if to hide an injury (ie, sunglasses indoors or long sleeves in summer).
- Anxious to please their partner.
- Afraid of their partner, talking about the abusers temper, possessiveness, or jealousy.
- The victim is restricted from seeing family and friends.
- They have limited in access to money, a phone, resources or a car.
- They may present as depressed, anxious, or suicidal.

Safety Planning

When you suspect someone in your life is being abused, it is of the utmost importance, to both keep the victim safe, as well as yourself. Make sure to address your concerns with the victim alone, in a safe place, and where the abuser cannot over hear. Remember, a person who is being abused may not be ready to admit their situation, or they may not be willing or able to leave.

At the end of the day, it is their decision as to how to proceed. You can still support them and let them know that you are a safe person for them to come to, whenever they need it.

Safety Planning Tips to Pass on to Someone in an Abusive Relationship



- Encourage them to create a code word with family or friends to alert them that something is wrong or that they are in danger.
- Encourage them to keep their phone charged and nearby at all times, also encourage them to go through their phone or computer to see if their partner has been tracking them.
- Encourage them to create an exit plan, pack an emergency bag with essentials, i.e. charged phone, clothes, documentation, money, medication and more.
- Encourage them to leave an emergency bag at a friend's house, with a family member, or neighbor that they trust.
- If the abuser leaves the house, either from a protective order, or willingly, encourage them to change the locks, change their phone number, and update their home security system.
- If they are planning to leave, provide them the hotline to Heartly House or a local DV agency and encourage them to call for further help.

Further Resources

Hotline Resources

Heartly House Inc.
24/7 Hotline: 301-662-8800
heartlyhouse.org

The National Domestic Violence Hotline
24-Hour Hotline: 1-800-799-7233
www.thehotline.org

RAINN
24-Hour Hotline: 1-800-656-4673
www.rainn.org

Online Resources

Break the Cycle
www.breakthecycle.org

Love Is Respect
www.loveisrespect.org

Futures Without Violence
www.thatnotcool.org

One Love Foundation
www.joinonelove.org