

# STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

## Understanding Domestic Violence

Domestic Violence Awareness Month (DVAM) is recognized each October as a way to unite advocates across the nation to help end domestic violence. Family and domestic violence, including child abuse, intimate partner abuse and elder abuse, is a pattern of behavior used by one partner to maintain power and control over another partner in a relationship. It can take the form of a range of abusive behaviors such as economic, physical, sexual, emotional or psychological, and can be directed toward children, adults and elders. Intimate partner violence includes stalking, sexual and physical violence, and psychological aggression by a current or former partner. Domestic and family violence is a national public health problem, estimated to affect 10 million people in the United States every year. As many as one in four U.S. women and one in nine U.S. men are victims of domestic violence. Due to its prevalence in society, virtually

all healthcare professionals, including psychologists, nurses, pharmacists, dentists, physician assistants, nurse practitioners, and physicians, are likely to evaluate or treat a victim or perpetrator of domestic violence at some point in their career.

It can be difficult to identify incidents of domestic violence; they don't always look the same, and many cases go unreported to health professionals or legal authorities. Domestic violence doesn't discriminate. People of any race, age, gender, sexuality, religion, education level or economic status can be a victim — or perpetrator.

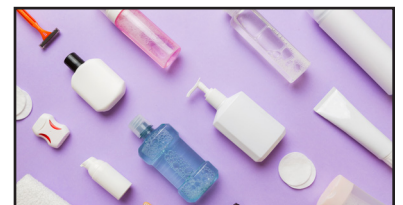
The ramifications of domestic violence affect not only the victim, but family members, friends, co-workers and the community. It can cause diminished psychological and physical health, decrease the quality of life, and result in decreased productivity.

Help is available for victims of domestic violence; check out the resources below to learn more.



### **LIGHT A CANDLE** **[go.uab.edu/stopDV](http://go.uab.edu/stopDV)**

Visit the EACC's Virtual Candlelight Vigil page and honor a loved one touched by domestic violence by lighting a candle or leave a message of support, encouragement or remembrance for victims of domestic violence.



### **TOILETRY DRIVE** **Through Oct. 31**

The EACC is collecting feminine hygiene products, disposable razors and other toiletry items to benefit YWCA of Central Alabama domestic violence services. Drop off items now through October 31 in the EACC lobby or in AB 210.

### **DOMESTIC VIOLENCE RESOURCES**

» **One Place Metro Alabama Family Justice Center:**  
oneplacebirmingham.com • 205-453-7261

» **YWCA 24/7 CRISIS LINE:** 205-322-HURT (4878)

» **UAB Employee Assistance & Counseling Center**  
uab.edu/eacc • 205-934-2281