

# OCTOBER 2019

## DOMESTIC VIOLENCE AWARENESS MONTH

### What is Domestic Violence (DV)?

Domestic Violence is a pattern of behavior used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Victims can be threatened in different ways, including physically, emotionally, sexually, financially and/or psychologically. Often, subtle tactics are used initially to begin to gain power and control.

- DV and abuse can happen to anyone, regardless of gender, race, ethnicity, sexual orientation, income, or other factors.
- 1 out of 4 women experience severe physical violence from an intimate partner at some point in their lifetime.
- Over 15 million children witness DV in their homes each year.

Source: Center for Disease Control

If you need help, call:

The National Domestic Violence

Hotline

1-800-799-SAFE (7233)

or, online go to

DomesticShelters.org

## NATIONAL BULLYING PREVENTION MONTH

### What is bullying?

Bullying is when someone is being hurt either emotionally or physically by another's actions and can't stop what is happening to them. Examples of bullying would include making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

If you are concerned your child is being bullied, take action. Even if there are no physical wounds, studies have shown that bullying can still leave deep emotional scars.

### Help Your Child Identify Bullying

It's a problem when...

- The child feels hurt, either emotionally or physically, by another child's behavior.
- The child wants the behavior to stop.
- The child is unable to stop it.

## MENTAL ILLNESS AWARENESS WEEK

### What is Mental Illness?

Mental illness is a condition that impacts a person's thinking, feeling and/or mood. Ongoing symptoms generally cause frequent stress and problems in daily life. Some examples of mental illness are: *depression, anxiety disorders, eating disorders, addictive behaviors, bipolar disorder and schizophrenia.*

- Approximately 1 in every 4 adults suffers from a diagnosable mental illness in any given year.
- Nearly 1 in every 25 have a serious mental illness.
- Many adults have co-occurring mental health & addiction disorders.

Source: National Alliance on Mental Illness

To speak with a counselor confidentially, call:  
**StressCare Behavioral Health, Inc.**  
**Employee Assistance Program**  
**419-531-3500**