

## **Domestic Violence Can Harm Your Health**

Did you know that domestic violence can be harmful to your health? New studies show that domestic and sexual violence can create problems that last a lifetime. Individuals who have experienced this type of violence are at greater risk for many health problems. These problems include heart disease, stroke, asthma, arthritis, heavy drinking and the need for a cane or wheelchair. The risk is high. Those who have experienced domestic violence are 80% more likely to have a stroke, 70% more likely to have heart disease, 60% more likely to have asthma and 70% more likely to drink heavily. The underlying cause that may link domestic violence to health problems is stress and its effect on the body.

Are you in a healthy relationship? If the answer is yes – great! Studies show that healthy relationships lead to better physical and mental health, longer life and good things for children.

Are you in an unhealthy relationship? If you are, your health and safety may be in danger. You may be feeling depressed or anxious. However, there are some steps you can take to help you cope and improve your health.

Talk with your doctor or someone you trust about what is going on and the pain you have experienced. Reduce your stress by reaching out for help.

If you are being hurt by your partner, it is not your fault. You deserve to be safe and healthy.

If you are worried and you need to talk, call us.

National Domestic Violence Hotline  
1-800-799-7233 (SAFE)  
1-800-787-3224 (TTY for the Deaf)  
[www.ndvh.org](http://www.ndvh.org)

National Teen Dating Abuse Hotline  
1-866-331-9474  
1-866-331-8453 (TTY for the Deaf)  
[www.loveisrespect.org](http://www.loveisrespect.org)

Help is available in English and Spanish and many other languages.  
All contact with the hotlines is free and confidential.