

Did You Know that Your Relationship Can Affect Your Health?

Are you in a healthy relationship? Ask yourself – Is my partner willing to talk openly when there are problems? Does my partner give me space to spend time with other people? Is my partner kind and supportive? If the answer is yes to these questions, it is likely you are in a healthy relationship. 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? Ask yourself - Does my partner criticize me and make me feel like everything is my fault? Does my partner control where I go, who I talk to and how I spend my money? Has my partner hurt or threatened me or pressured me to have sex? If you answered yes to any of these questions, 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 someone you trust about what is going on and the pain you have experienced. Talk to your doctor about coping habits that can harm your health like smoking, drinking, using drugs or over eating and get help in taking steps to make changes. 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

National Teen Dating Abuse Hotline

1-866-331-9474

1-866-331-8453 (TTY for the Deaf)

www.loveisrespect.org

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