If you are the victim of abuse talk to someone who understands and can help you explore options

CALL THE VERA HOUSE 24-HOUR CRISIS & SUPPORT HOTLINE
☎ 315-468-3260

TTY CRISIS LINE (business hours)
กด 315-484-7263

Emotional & Verbal Abuse
YOU DO NOT DESERVE TO BE ABUSED

24-Hour Crisis & Support Hotline
☎ 315-468-3260
TTY Crisis Line
กด 315-484-7263 (business hours)

Outside Syracuse & Onondaga County
New York State Domestic & Sexual Violence Hotline
☎ 1-800-942-6906
www.opdv.state.ny.us
TTY Hotline
☎ 1-800-818-0656

Vera House, Inc.
Administrative & Outreach Offices
723 James Street
Syracuse, NY 13203
phone: 315-425-0818
fax: 315-425-8942
www.verahouse.org

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You are not alone
YOU DO NOT DESERVE TO BE ABUSED
If you believe you are in a verbally or emotionally abusive relationship, please contact someone

You are being emotionally or verbally abused if your partner or care provider...

- puts you down in public or private
- causes you to feel confused, “crazy”, unsure, or afraid when you are around them
- keeps you from using a phone, TTY, car, money, or other shared possessions
- withholds approval, appreciation, or affection as punishment or ignores you
- withholds or changes medication
- uses your diagnosis, if you have one, as an excuse to hurt you
- ignores or makes fun of your feelings
- abuses you and then promises it will never happen again
- prevents you from working, seeing friends, or going to school
- threatens to hurt you, your children, pets, family or friends
- prevents you from getting services you want like counseling, healthcare, or interpreters

Domestic violence occurs in all kinds of relationships, without regard for race, gender, class, sexual orientation, ethnicity, age, religion or ability.

Abuse is any behavior that seeks to control another human being through fear, humiliation, verbal, physical or sexual assault.

Verbal & emotional assault are just as harmful as physical assault. The only difference is the abuser’s choice of weapon.

GETTING HELP
Call our 24-hour Crisis & Support Line:

<headerphone>315-468-3260</headerphone>

TTY Crisis Line (business hours):

<headerphone>315-484-7263</headerphone>

For more information, visit our website at www.verahouse.org

All victim services are free and completely confidential.