


**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)**

** 315-484-7263**

**24-Hour Crisis & Support  
Hotline**

** 315-468-3260**

**TTY Crisis Line**

** 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](http://www.opdv.state.ny.us)

**TTY Hotline**

** 1-800-818-0656**



**Emotional &  
Verbal Abuse**

**YOU DO NOT DESERVE  
TO BE ABUSED**



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**Vera House, Inc.**

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& Sexual Violence Coalition

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fax: 315-425-8942  
[www.verahouse.org](http://www.verahouse.org)**



**24-Hour Crisis  
& Support Line**

** (315) 468-3260**

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



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



## GETTING HELP

Call our 24-hour  
Crisis & Support Line:

 **315-468-3260**

TTY Crisis Line  
(business hours):

 **315-484-7263**

## 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

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.

