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)



24-Hour Crisis & Support Hotline

315-468-3260

**TTY Crisis Line** 



**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

the Office on Violence Against Women, U.S. Department of Justice. The publication are those of the authors and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

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Vera House, Inc. Administrative & Outreach Offices

723 James Street Syracuse, NY 13203 phone: 315-425-0818 fax: 315-425-8942 www.verahouse.org





## **Emotional & Verbal Abuse**

YOU DO NOT DESERVE **TO BE ABUSED** 



## 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.





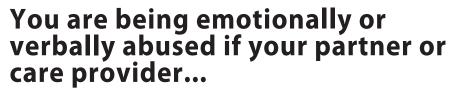
## **GETTING HELP**

Call our 24-hour Crisis & Support Line:

**315-468-3260** 

TTY Crisis Line (business hours):

**315-484-7263** 



- 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.