

**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:**

☎ 468-3260
(domestic violence)

☎ 422-7273
(rape & sexual assault)

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**Original content by Esther E. Gray in
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Domestic & Sexual Violence Coalition**

resources

*Vera House
24-Hour Hotlines*

☎ 315-468-3260

(Domestic Violence)

☎ 315-422-7273

(Sexual Assault)

TTY Crisis Line (business hours)

☎ 315-484-7263

*New York State
Domestic & Sexual
Violence Hotline*

☎ 1-800-942-6906



Vera House, Inc.

Administrative & Outreach Offices

**6181 Thompson Road / Suite 100 •
Syracuse, NY 13206 •
phone: 315-425-0818 •
fax: 315-425-8942 •
www.verahouse.org •**

Emotional and Verbal Abuse



**YOU DO NOT DESERVE
TO BE ABUSED**

24-HOUR HOTLINES

☎ 315-468-3260

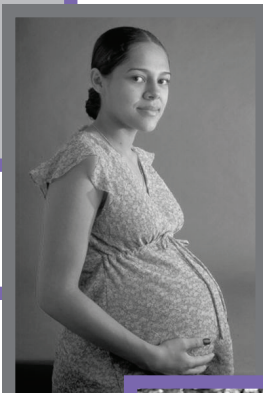
☎ 315-422-7273

VERA HOUSE
INCORPORATED

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 the 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 promised it would 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

GETTING HELP

**Call our 24-hour
Crisis & Support Line:**

☎ 315-468-3260
domestic violence

☎ 315-422-7273
rape & sexual assault

*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***

**To learn more about emotional and verbal
abuse, please visit our website at:
WWW.VERAHOUSE.ORG**

***Verbal and
emotional assault
are just as harmful
as physical assault.
The only difference
is the abuser's
choice of weapon***