

Home Safe Home

Every home should be free from violence

Are you being hurt at home?

Being home with the person who may cause you the most harm is frightening and can be dangerous. Where can you go and what can you do? Especially now during isolation and quarantine when it seems like there is nowhere else to go for anyone. When you are not safe at home, it can leave you confused and frightened about what will happen – both if you stay and if you ask for help.

There is help and there are people ready to be there for you now. To answer questions, develop safety plans, and more. We just have to know that you need us. If you cannot call the police, consider reaching out through a friend, a work meeting online, contact coworkers, your child's teacher, even a live chat. If you can leave the house for a walk, make a phone call or leave a note in a trusted neighbor's mailbox. Help us know that you need us now. Review this resource from a secure location/computer for more information [Seeking Help Online: National Resources & Considerations for Safety and Privacy for Survivors](#)

Always be aware that your online and personal activity can be tracked. Call 911 or contact a friend or family member if you cannot access the resources included in these links because it may be seen by your abuser.

[Click here to learn about Women In Distress.](#)

What if you just have questions? You feel scared at times, whether you are being physically or emotionally hurt, but other times everything seems fine, Abuse exists in cycles. From the tension building phase leading up to the incident, the outburst of arguing, yelling, physical abuse, and the apologies, excuses and blame afterwards, followed by a “honeymoon” phase where everything is positive and loving and promises that “all the bad stuff” will never happen again. Until it does.

Domestic abuse and family violence are all about power and control. It often starts with verbal and emotional abuse intended to destroy your self-esteem, such as name calling, negative, demeaning comments about your appearance, insults towards you or about family and friends, attempts to isolate you by becoming your sole source for connection, affection, money, and more:

- Extreme jealousy about friends, family, and coworkers. This jealousy can be used as an excuse for violence and “protecting the relationship.”
- Breaking your property and throwing/breaking objects when they are upset.
- “Gaslighting,” which means manipulating you into doubting what you believe is real. Such as convincing you their behavior is a result of your actions or never actually happened as you remember.
- Abusive towards pets to hurt you.
- Controlling about schedules, requirements, that their wishes are always met and “respected,” and more.

This leads to physical abuse such as pulling hair, slapping, hitting, strangling (“choking”), and sexual abuse. Economic hardship can increase the stress in an already abusive household and increase the risk to all family members.

You are not alone.

The National Domestic Violence Abuse Hotline is 1-800-799-SAFE / TTY 1-800-787-3224 or reach their online chat at www.thehotline.org (En Español)