

News Release

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Domestic Violence: A Real and Present Danger

Tampa, Florida (October, 2010). October is Domestic Violence Awareness month and given the statistics available, the number of domestic violence occurrences throughout the United States is a real and present danger. It is currently estimated that one in four women (25%) will experience domestic violence in their lifetime. Approximately 60% of all domestic violence occurs against women. It is difficult to obtain accurate statistics regarding domestic violence perpetrated against men by their female spouse or girlfriend but it is estimated that 40% of domestic violence cases fall under this category. It is believed that men are less likely to report cases of their being abused.

What is domestic violence? Here, too, there are variations in definitions ranging from actual physical abuse to verbal and/or emotional abuse. Here are some warning signs that you might be a victim of domestic violence:

- ◆ **You feel as if you are constantly “walking on eggshells”, can do nothing right and/or are subjected to exaggerated criticism**
- ◆ **Your partner controls the finances, access to a vehicle, medicine, communication**
- ◆ **You are cut off from contact with family or friends**
- ◆ **You are constantly at the end of being “checked up on”**
- ◆ **You are called names**
- ◆ **You may be physically hit, restrained, pushed or threatened**

- ◆ **When others comment about your bruise or lack of freedom you find yourself “covering up“ what has happened out of fear**

There are many other signs and symptoms that abuse is occurring. Most communities now have crisis centers that can assist you in getting help.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact your EAP regarding any concern that you might have – you don't have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. If you need help in developing a specific plan to address what is impacting your life or if you have concerns about someone else, all you need to do is call your EAP and you will be directed to our experienced team of counselors. It is that simple. We will help you cope, find assistance, and guide you down the path to effectively dealing with whatever might be impacting your life.