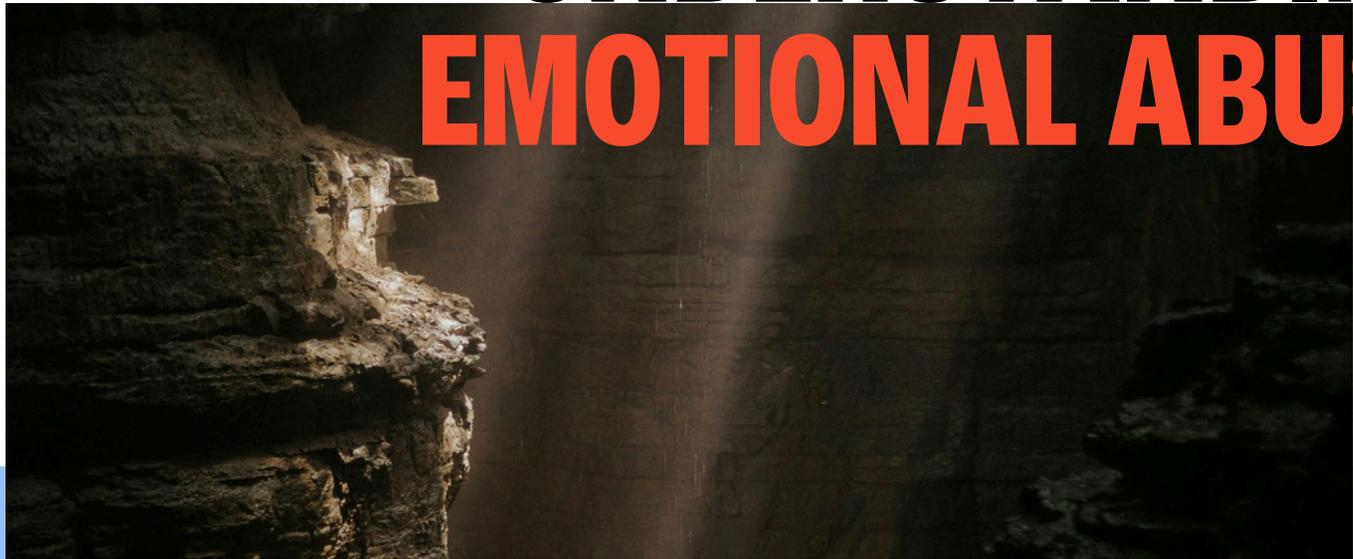


UNDERSTANDING EMOTIONAL ABUSE



Definition:

Emotional abuse is the use of words, threats, or actions to make someone feel scared, ashamed, confused, or powerless. Emotional abuse is often used by someone to try to control another person or force them to do something they don't want to do. Emotional abuse is often used to keep someone in a situation that is hurting them or someone they care for, or to take something important from them. Emotional abuse can cause emotional, family, social, economic, and even physical distress. Even if it does not become physical, emotional abuse is abuse.

Over 61 million women and 53 million men

have experienced psychological aggression by an intimate partner in their lifetime.¹

Warning Signs of Emotional Abuse:

- Someone is hyper-critical or judgmental towards you, often humiliating or embarrassing you
- They ignore boundaries or invade your privacy, sometimes wanting to move a relationship faster than you are comfortable with, either emotionally or physically
- They are possessive or controlling, monitoring your actions or isolating you from other people in your life
- Manipulative behavior where someone may try to get you to do what they want by making you feel badly
- Someone dismisses you and your feelings, often refusing to take responsibility for their own actions

Our Resources:

Safe Horizon offers victims and survivors of emotional abuse crisis support, including safety planning, counseling, and advocacy with police and courts. Immediate and long term supports include counseling, support groups, financial support, and help finding safe, stable housing. Safe Horizon also advocates alongside survivors and communities to change laws and institutions and expand emotional and mental health programs.

Each year, we serve
13,000 clients
experiencing
emotional abuse in
the form of
harassment,
stalking, bullying,
and more.



Our Programs:

- **Community and Restorative Practices:** Counseling, safety planning, and more for survivors experiencing trauma
- **Criminal and Civil Justice Programs:** Assistance navigating criminal and civil justice systems
- **Hotline:** 24/7/365 personalized support and safety planning via phone and chat
- **Immigration Law Project:** Support for immigrant survivors of violence and abuse in securing secure status and protection
- **Streetwork Project:** Housing, healthcare, community, and more for youth experiencing homelessness

GET HELP:

Call our 24-Hour Hope Hotline
1-800-621-4673 (HOPE).