

Every day someone is abused by their husband, wife, partner or a family member.

What is domestic violence?

Domestic violence is when an intimate partner or family member tries to control you or abuses you. Abuse can be physical, social, economical, sexual or psychological. Physical abuse is when a partner or family member beats or hurts you. This type of abuse can kill. Sexual abuse is when an intimate partner or family member forces you to have sex.

What are the different types of abuse?

There are many types of abuse. You are being abuse if your partner or a family member:

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- Does not let you visit friends or family
 - Gets angry quickly or acts jealous
 - Threatens to hurt you or your family
 - Destroys your property
 - Does not allow you to go out.

- Controls all the money and makes you ask when you need it
- Forces you to have sex when you don't want to
- Hits, shoves, punches or slaps you
- Humiliates you, insults or yells at you

What should I do if I am being abused?

There are four things that you can do if your partner or a family member is abusing you.

1. Tell your doctor. Your doctor will assist you in getting help
2. Call or go to the police
3. Tell a close friend or family about the abuse
4. Call Victim Services' 24 hour-hotline at **1-800-621 HOPE (1-800-621-4673)**



How can Victim Services help me?

Victim Services can help you by:

- ✓ Providing counseling
- ✓ Providing a support network
- ✓ Helping you make a safety plan.



Safety planning is when you look at the risks and benefits of different ways you can protect yourself and the different things you can do to lower your risks for domestic violence.

- ✓ Going with you to interviews and Emergency Room examinations.

Children and Domestic Violence

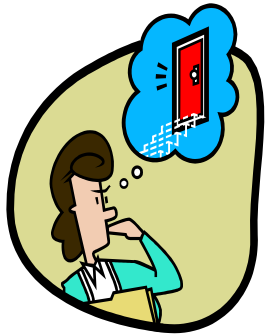
Abuse affects you and your children. Your children may not understand what is happening. Children who witness abuse often grow up to be victims of abuse or to be abusers.



Why do I stay in a violent relationship?

- Small children
- No job
- Spiritual or cultural beliefs
- No money
- Fear
- Feeling that is your fault
- Maybe things will change

What should I take with me if I have to leave?



- Children (if safe)
- Clothing
- Money
- Bank books, credit cards
- Social security cards
- Birth certificates
- Passports, green cards
- Medicine

Remember:

- You are not alone
- Don't blame yourself; domestic violence is not your fault
- Domestic violence is a crime

- Get help immediately
- Have a safety plan
- Teach children emergency numbers
- If possible, keep a bag of clothes at a close friend or family member home
- Have a code word for when you are in danger. Teach your children the code word.

MetroPlus wants you and your family to be safe at all times. If you need help or want more information on **Domestic Violence** call:

NYS Domestic Violence Hotline
1-800-942-6906

Victim Service's 24 hour-hotline
1-800-621 HOPE (1-800-621-4673)

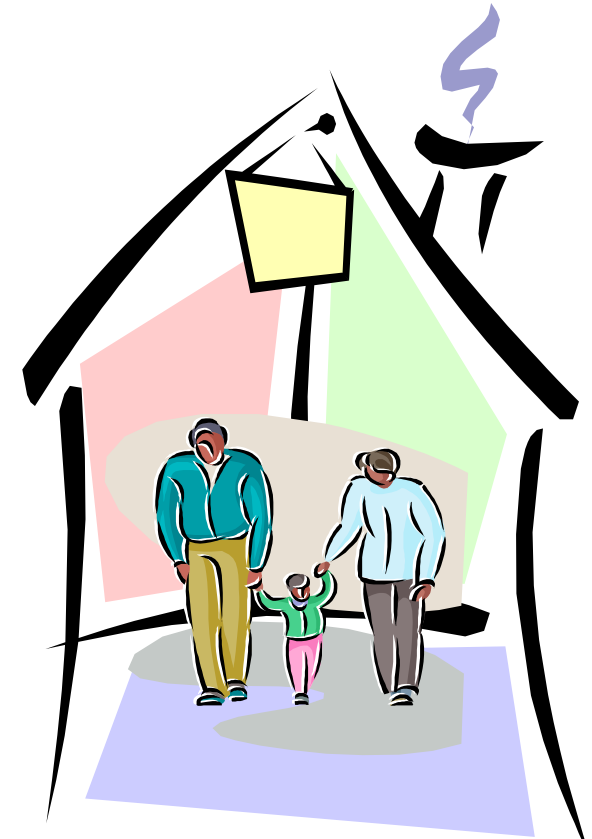
MetroPlus Health Plan Care Management
Line
1-800-579-9798

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you.

MetroPlus Health Plan
160 Water Street, New York, NY 10038
Member information:
1-800-303-9626
For information about MetroPlus Health Plan:
1-800-475-METRO

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DOMESTIC VIOLENCE: IS YOUR PARTNER HURTING YOU?



 **MetroPlus**
Health Plan