

October is National Domestic Violence Awareness Month

Interpersonal, or domestic, violence can affect anyone, regardless of age, race, sexual orientation, or gender. According to the CDC, 1 in 4 women and 1 in 7 men will experience physical violence by their intimate partner in their lifetime. October is Domestic Violence Awareness Month.

Interpersonal violence is more than physical violence. It is having power and control over someone else. It can be emotional or mental abuse which could include name-calling, threats, and putting someone down. It includes behaviors that cause fear, prevent a partner from doing what they want, or forcing someone to behave a certain way. Stalking behaviors such as showing up at the victim's home or work, sending unwanted gifts, and harassing someone are also signs of an unhealthy relationship.

COVID-19 can certainly impact relationships. Abusive partners may withhold necessary items, provide misinformation about the pandemic, or force their partner to be isolated from resources and support. If you or someone you know is dealing with an unhealthy relationship, there is help available below:

Bucks County:

- Network of Victim Assistance (NOVA), 800-675-6900
- A Woman's Place, 800-220-8116

Cambria County:

- Family Services, Inc., 814-944-3585
- Victim Services, Inc., 814-288-4961
- The Women's Help Center, Inc., 800-999-7406

Delaware County:

- Domestic Abuse Project of Delaware County, 610-565-4590

Lehigh & Northampton Counties:

- Turning Point of the Lehigh Valley, 610-437-3369

Montgomery County:

- Laurel House, 800-642-3150
- Victim Services Center, 888-521-0983
- Women's Center of Montgomery County, 800-773-2424

State and National Resources:

- Pennsylvania Coalition Against Domestic Violence, 800-799-7233
- National Domestic Violence Hotline, 800-799-7233