

## October is Domestic Violence Awareness Month

Why is Domestic Violence Awareness Month so important? Because domestic violence is an extremely serious issue. It can have a huge range of consequences if it goes undealt with and in some cases has even lead to death.

Do you think you're being abused? Do you often feel ashamed or scared? Has being with this person lowered your self-esteem? Do they try to stop you seeing family or friends? All of these signs and more suggest that you're being unfairly abused by your partner.

Sometimes the partner's manipulation is so subtle that you might not even realize you're being abused at first - you might just feel gradually worse. If you think any of these signs apply to you, then [click here](http://www.national-awareness-days.com/domestic-violence-awareness-month.html) for the warning signs and red flags about domestic violence.

Source: <http://www.national-awareness-days.com/domestic-violence-awareness-month.html>

### Questions or Concerns?

Call the toll-free National Domestic Violence Hotline at 1-800-799-SAFE (7233)

Or

Free on-campus services for WU employees:

WU's Counseling Services 670-3100

*All discussions are confidential, and referrals for more comprehensive assistance may be suggested when appropriate.*

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**“Eat, nap, eat, nap, break something, eat, nap,  
eat, nap, break something, eat, nap, eat,  
nap, break something, eat, nap...”**

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