

# Domestic Violence



## Health Bulletin

Visit [nyc.gov/health](http://nyc.gov/health) to see all Health Bulletins.  
Call **311** to order free copies.



# Domestic Violence

- You should never feel threatened, intimidated or scared in your relationship. If you do, that is domestic violence.
- Domestic violence is abuse, or the threat of abuse, by a current or former partner. It can happen to anyone, but some people – including immigrants, those with disabilities and those who identify as LGBTQ – may be more likely to experience it.
- Domestic violence is also called intimate partner violence. No matter what you call it, it is not OK.



In 2016, almost **500,000** **New Yorkers** (ages 18 and above) reported that they had ever been physically hurt by a partner at some time.

# Signs of Abuse

Abuse can be physical, sexual, mental, financial or emotional. An abusive partner may:



- Call you names and insult you
- Isolate you from family and friends
- Stop you from using birth control or condoms
- Force you to have sex
- Threaten you, your children and/or your pets

These are just a few examples. If you are experiencing any of them, or know of someone who is, help is available.

An abusive partner may also show you love and care. Even if your partner is not abusive all the time, any amount of abuse is harmful.

# Domestic Violence and Your Health

Domestic violence affects your physical and mental health, and the well-being of those around you.

It can make it harder for you to care for yourself, and you may not see a doctor regularly for important tests or immunizations.

You may also experience:



Physical injuries, such as broken bones, head injuries, bruises and cuts

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Emotional distress, such as depression, anxiety and insomnia

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Poor pregnancy outcomes and sexually transmitted infections

**It is important to get help as soon as you can.**

# Get Help

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You are not alone. It might be hard, but there are many resources available if you are in an abusive situation.

If you are in immediate danger, call 911. If you are not in immediate danger:



Visit **NYC Hope** at [nyc.gov/nychope](https://nyc.gov/nychope) for helpful resources, including a list of **NYC Family Justice Centers** – there is a center in every borough.

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Call the City's **Domestic Violence Hotline** at 800-621-4673, or call 311 and ask for the hotline. Assistance is available in multiple languages, 24 hours a day, to help with:

- Temporary housing
  - Safety planning
  - Counseling and other social services
  - A court order of protection
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Make a list of trusted people you can call in an emergency.

# Resources

## Connect



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## Learn More

Visit [nyc.gov/health](https://nyc.gov/health) and search for **domestic violence**

## Find Help

Visit **NYC Hope** at [nyc.gov/nychope](https://nyc.gov/nychope)

## Receive the Latest Health Bulletins

Email [healthbulletins@health.nyc.gov](mailto:healthbulletins@health.nyc.gov)

**Be aware that partners can track your web history. If you need help, call the City's Domestic Violence Hotline at 800-621-4673, or call 311 and ask for the hotline.**



Visit [nyc.gov/health/pubs](https://nyc.gov/health/pubs) for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language. These services are free at all New York City Health Department offices and clinics.