Did you know?

- Violence is the leading cause of death for women in the workplace and the second leading cause of death for men.
- One study found that 74% of employed battered women were harassed by their partner while they were at work, 24% report that the abuse was the cause of being late for work or missing days.
- The perpetrator is more distracted at work and causes more safety accidents due to preoccupation with their behavior.

Are you affected?

- Domestic abuse can be verbal, physical, sexual, economic or emotional.
- Does your partner threaten or humiliate you, often in front of others?
- Do they place blame on you? “You make me drink,” “I have to do drugs to put up with you.”
- Are you often isolated, restrained, or under continual surveillance?
- Are you pressured to have unwanted sex?
- Does your partner withhold praise or affection?
- Have you been pushed, slapped or beaten?
- Do you feel there is no safe way out of this relationship?

Answering “yes” to any of these questions may mean it is time to get help.

Are you the friendly co-worker of the victim?

- **DO** offer support by referring them to Human Resources or The Solutions Group (EAP).
- **DO** offer community resources that you have information on to help the situation.
- **DO** take any threats they share seriously and encourage them to go to Human Resources, the police or other community advocacy groups that work with family violence.
- **DO NOT** become their sole “counselor.” Even with the best intentions this behavior can become damaging if the victim does not seek additional help.
- **DO NOT** “protect” the victim by misrepresenting their whereabouts or lack of work production to a supervisor or manager.
- **DO NOT** offer any information regarding work hours, lunch or break times or other habits during work time to anyone— even if they know the victim. Always tell the victim if someone has asked you these questions.

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Always know that your EAP is here to help. Even if you just have questions give us a call at 1-855-231-7737.

State and local resources:
NM Coalition Against Domestic Violence (505)246-9240
Safe House: (505) 247-4219 or statewide (800) 773-3645
National Domestic Violence Hotline (800) 799-SAFE (7233)