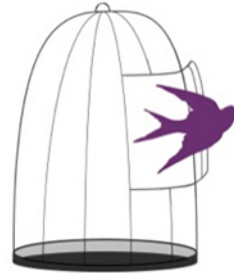


# WomenSV Update 2018

## Los Altos City Council

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WomenSV*



**WomenSV**

*WomenSV – Serving survivors of domestic abuse in professional & affluent communities*

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## Do you know someone suffering in silence? Signs to look for...

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- Afraid of/always very anxious to please/placate her partner
- Stopped seeing her friends/family, or cuts phone conversations short when her partner is in the room
- Partner often criticizes/humiliates her in front of other people
- Says her partner pressures or forces her to do sexual things
- Partner often orders her around/makes all the decisions (ex: controls all the money, tells her who she can see and what she can do)
- Talks about her partner's 'jealousy', 'bad temper' or 'possessiveness'
- Physical injuries (bruises, broken bones, sprains, cuts etc.) with unlikely explanations; may be using makeup or long sleeves to cover bruises
- Missing work/school; change in hobbies/activities/routine/quality of work

## More signs...

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- Seems anxious/depressed/withdrawn/distracted; trouble concentrating/remembering; startles easily, hyper-vigilant
- Started using food/alcohol/prescription drugs as a way of self-medicating
- Lost confidence/self-esteem, seems unusually quiet
- Her children may seem afraid of her partner, have behavior problems, or are very withdrawn/anxious/distracted/shows signs of ADD/ADHD
- Seems reluctant to leave her children with her partner
- Whenever she is away, her partner is constantly calling her, harassing her, following her, coming to her house/waiting outside
- Seems afraid of her partner
- May still seem very confident and just be very good at hiding her pain

## Six things to say to someone you are concerned about...

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1. I am concerned for your safety
2. I am concerned for your children's safety
3. I am concerned that it will only get worse
4. You don't deserve to be abused; no one deserves to be abused; it is not your fault
5. You are not alone: I am here to help you; I can find someone who can help
6. There are resources that can help; you don't have to do this alone.

**They can call WomenSV!**

**650-996-2200**