

The Outhouse

News you can use
When you gotta go...

Issue 8 - October 5, 2020
Shannan Breault, Editor

Is it domestic violence?

Domestic violence is a pattern of abusive behaviors that individuals may use to control their intimate or dating partners. It can include physical, sexual and emotional abuse, and other controlling behaviors. The following questions may help you decide whether you are in an abusive relationship.

Does your partner...

- Hit, kick, shove or injure you?
- Use weapons/objects against you or threaten to do so?
- Force or coerce you to engage in unwanted sexual acts?
- Threaten to hurt you or others, have you deported, disclose your sexual orientation or other personal information?
- Threaten to hurt themselves if you leave them?
- Control what you do and who you see?
- Use technology to track, monitor or frighten you?
- Steal or destroy your belongings?
- Constantly criticize you, call you names or put you down? Make you feel afraid?
- Deny your basic needs such as food, housing, clothing, or medical and physical assistance?

If you answered "yes" to any of the above, please know that help is available.

National Domestic Violence Hotline

1-800-799-SAFE (7233) / 1-800-787-3224 TTY
Secure online chat: thehotline.org

loveisrespect

1-866-331-9474 / Text "loveis" to 22522
Secure online chat: loveisrespect.org

https://vawnet.org/sites/default/files/assets/files/2018-10/NRCDDV-FindingSafety%28English%29-Sept2018_0.pdf

October is Domestic Violence Awareness Month

Domestic violence, also known as intimate partner violence, is a serious and widespread problem. In the United States, 1 in 4 women and 1 in 9 men experience contact sexual violence (includes rape, being made to penetrate, sexual coercion, and/or unwanted sexual contact), physical violence, and/or stalking by an intimate partner in their lifetime and report negative impacts such as injury, fear, concern for safety, and needing services (CDC, 2017). Domestic violence can happen to anyone regardless of employment or educational level, race or ethnicity, religion, marital status, physical ability, age, sex, gender identity, or sexual orientation. However, the burden of domestic violence is not shared equally across all groups, with women and many racial/ethnic and sexual minority groups being disproportionately affected.

<https://www.dvawareness.org/about-dv>

FLU CLINICS

October 8 & 30
12pm - 3pm
Bouck Lobby

BRING YOUR INSURANCE INFO



The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

