



When Domestic Violence Hits the Workplace

When was the last time you looked around the lunchroom and thought of how many people were touched by domestic violence? When was the last time you saw a co-worker with a black eye or a bruise and wondered if they had been hit?

Perhaps you are one of those individuals or you know of a coworker in an unhealthy relationship. Here are some suggestions if you encounter someone who needs help.

What do I do if a coworker I know, who is in an abusive relationship comes to me for help?

- ◆ Listen and let them talk
- ◆ Let them know their safety is important to you. Talk about how they can be safe.
- ◆ Respect their decisions. They may not make the decisions you want them to (leave the relationship), however, it is their choice.
- ◆ Let them know about any resources you have knowledge of. If you are comfortable going with them to appointments, do so. Support is so important. Crouse HelpPeople, your employee assistance program, is an excellent place to start. Suggest they call 470-7447 for some help or even just for someone to listen. HelpPeople's services are completely confidential and no one will know they are using the EAP.

The individual can expect help with concerns about their own and their children's safety, legal decisions, housing, financial difficulties, medical needs and any other issues that arise as a result of the situation.

- ◆ Let them know the violence is not their fault and that they do not deserve the treatment they are getting.
- ◆ Keep the communication lines open. The more they talk, the closer they move to acting.
- ◆ Get support for yourself. It is hard to care about someone who is being abused. Call Crouse HelpPeople at the above number to talk about your reaction to the situation.