

STRATEGIES for MINDFUL LIVING FOR 13 ACADEMY CHARTER SCHOOL EMPLOYEES

Courtesy of UAB Employee Assistance & Counseling Center

Raising Awareness & Supporting Survivors of Domestic Violence

First recognized in 1981 as a national "Day of Unity," Domestic Violence Awareness Month (DVAM) has grown into a month-long effort to raise awareness about domestic violence, support survivors, and promote resources that help individuals and families live free from abuse.

Domestic Violence Awareness Month serves as a reminder that everyone has a role to play in ending domestic violence. With advocates, loved ones, supporters, and political leaders joining together in solidarity to listen to and uplift survivors directly, we can raise our collective awareness about domestic violence to end abuse for good.

■ Domestic Violence by the Numbers

Understanding the scope of domestic violence helps illustrate why awareness and support are so important.

- Nearly 1 in 3 adult women experience at least one physical assault by an intimate partner during adulthood.
- Each year, an estimated 3.3 million children are exposed to violence directed toward their mothers or female caregivers by family members.
- Domestic violence survivors make an average of seven attempts to leave an abusive relationship before leaving permanently.
- 75 percent of women experience serious injury when they leave or attempt to leave an abusive relationship, making this one of the most dangerous times for survivors.
- Most incidents of domestic violence go unreported, making it difficult to fully measure the impact of abuse.

■ Help Is Available

If you or someone you know is experiencing domestic violence, support is available.

- YWCA of Central Alabama 24/7 Crisis Line: **205-322-HURT (4878)**.
- Alabama Domestic Violence Hotline: **1-800-650-6522**.
- National Domestic Violence Hotline: **1-800-799-7233**.
- Text "UAB" to **741-741** to connect anonymously with a crisis counselor.



LIGHT A CANDLE

go.uab.edu/stopDV

Visit the EACC's Virtual Candlelight Vigil page and honor a loved one touched by domestic violence by lighting a virtual candle and leaving a message of support, encouragement or remembrance for victims of domestic violence.



TOILETRY DRIVE

Through Oct. 31

The EACC is collecting feminine hygiene products, disposable razors, nail clippers and other toiletry items to benefit the YWCA of Central Alabama's domestic violence services. Drop off items now through October 31 in the EACC lobby or in the Office of the CHRO, AB 210.