



# Is this abuse?

**Recognize the warning signs of relationship abuse.**

## **Abuse and control can take many forms**

No relationship is perfect. But it's important to be aware of unhealthy behaviors that can lead to domestic abuse – emotional, economic, sexual and physical. Abuse can happen to anyone regardless of age, gender or economic status.

## **Safety is essential**

Even simple actions can help those at risk for abuse – and we all play a role. Learn more about warning signs, reporting options and how to help.

Domestic abuse is never OK. The Family Advocacy Program provides services to prevent abuse, promote early identification and reporting, provide treatment for offenders and support victims. Military OneSource provides information and confidential non-medical counseling when safety and abuse are not a concern.

## **Two options for reporting abuse**

- **Restricted reporting** – for those who want victim advocacy services, medical care or counseling but do not want an official investigation. Reports must be made to a Family Advocacy Program manager, military health care provider, domestic abuse victim advocate or clinical treatment provider.

- **Unrestricted reporting** – for those who want to pursue an official investigation through command, the Family Advocacy Program or law enforcement. All reports of child abuse will be investigated.

## **Help is available at any stage**

You can always reach out for free confidential support, information or referrals.

### **For domestic abuse emergencies, call 911.**

For more information or to make a report, contact your installation's Family Advocacy Program office or

**The National Domestic Violence Hotline**  
800-799-7233 • [www.TheHotline.org](http://www.TheHotline.org)