

# How do you know if someone is in an abusive relationship?

Whether or not you know it, some of the people in your life may be facing violence in their lives. For many reasons, it is often hard for victims to acknowledge they are being abused by the people who are supposed to love them or help care for them.

The following list of behaviors can help you recognize if you or someone you know is in an abusive relationship.

- Denying and Blaming
- Destruction of Property
- Economic Control
- Emotional Withholding
- Intimidation
- Isolation
- Pressure
- Physical Violence
- Sexual Violence
- Stalking/Harassment
- Threats
- Verbal Attacks
- Withholding Information
- Withholding Medication
- Withholding Personal Care
- Controlling Communication Aides

Help yourself or someone you know...  
If you need help or just someone to talk to...  
Call our confidential domestic violence hotline.

# 888-774-2900

## You have the right...

1. To request *to be notified* of court proceedings, including arrest, arraignment and release of the person who harmed you;
2. To assistance in obtaining *immediate medical care*, if required;
3. To be *protected from harassment* from your employer for appearing as a witness if you receive a subpoena;
4. To have *property returned* if it was seized by police in the investigation or prosecution of the crime committed against you;
5. To make an application for *compensation for costs* you have incurred as a result of the crime such as medical/dental expenses; counseling for victims and their relatives; lost wages; and funeral costs.
6. To request *to be informed* of the *services* and *agencies* that can help you, including the assistance of a court based family violence victim advocate.

# In Connecticut, you have rights which are protected by law.