



October 2024 EAP PROMOTIONAL EMAIL

Hello everyone – In October, we are recognizing and spotlighting **Domestic Violence/Intimate Partner Violence (IPV) Awareness Month**. Domestic violence impacts millions of individuals each year, regardless of gender, age, race, or economic status. This month's newsletter is dedicated to raising awareness, providing essential resources, and supporting those in need. Together, we can help create a safer environment for all.

Events and Webinars

This October, in observance of Domestic Violence/Intimate Partner Violence Awareness Month, the EAP will not be hosting live webinars. Instead, we are highlighting several free live and recorded webinars from trusted organizations that cover a variety of topics related to domestic violence, survivor support, and prevention efforts. These resources provide valuable insights for both survivors and those who want to support them.

- **Women's Advocates Webinar Series**
Explore an extensive library of webinars covering topics like Domestic Violence 101, Emotional Abuse, and Reproductive Coercion. These recorded sessions offer fundamental knowledge and address specific types of abuse and their long-term impacts.
Watch the Webinars: [Women's Advocates Webinars](#)
- **National Network to End Domestic Violence (NNEDV) Webinars**
NNEDV provides recorded webinars focusing on supporting survivors through various challenges, such as mental health, trauma, and legal services. These webinars are excellent resources for advocates and community members seeking to deepen their understanding of domestic violence.
Explore NNEDV Webinars: [NNEDV Webinar Series](#)
- **Futures Without Violence Webinars** This platform offers a wide selection of recorded webinars, addressing intimate partner violence and its intersections with health, housing, and human trafficking. Learn practical tools for supporting survivors in workplaces, schools, and other settings.
View the Webinars: [Futures Without Violence Webinars](#)

- **Supporting IPV Survivors through Harm Reduction**
This webinar focuses on harm reduction strategies for survivors of intimate partner violence (IPV) who experience mental health and substance use challenges.
Hosted by: National Resource Center on Domestic Violence
Date: **October 23, 2024**
Register: [HERE](#)
- **Just Lovely People: The Way We Talk About Domestic Violence is Killing Us**
This virtual session will discuss how the language around domestic violence impacts survivor outcomes and how advocates can change the narrative to offer better support.
Hosted by: National Resource Center on Domestic Violence
October 30, 2024
Register: [HERE](#)
- **Domestic Violence Network’s 2024 Community Training Series (Recorded)**
Topics: Sessions include "Domestic Violence 101," "Teen Dating Violence," "IPV in the LGBTQ+ Community," and "Black and African American Women & DV Intersections."
Availability: Recorded sessions that you can access on demand.
More Information: [Domestic Violence Network](#)

EAP offers [on demand webinars](#) on a variety of subjects, including [EAP Orientation](#), [caring for older adults in Washington State](#), [depression and anxiety relating to stress](#), [nurturing success for Black employees in and out of the workplace](#), [emotional intelligence](#), and [more](#).

Work/Life Resources

In October, the [EAP Work/Life site](#) is offering tools and resources to help you **renew connections with aging parents**: learn about the challenges and transitions of this phase of life and explore how you can best support your parents as well as new opportunities for refreshing and deepening your relationship. Get started by viewing this month’s on-demand seminar, “**Aging Parents, Renewed Connections**” – it’s available beginning **Tuesday, October 15th** through the [Work/Life site](#): just login with your Work/Life Access Code:

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Monthly Resources for October

During October, we focus on raising awareness of the widespread issue of domestic violence and intimate partner violence. Domestic Violence Awareness Month serves as a critical reminder that abuse can affect anyone, regardless of gender, age, or background, and it is crucial to foster environments where survivors feel supported and safe. Statistics show that 1 in 4 women and 1 in 7 men in the U.S. have experienced severe physical violence by an intimate partner in their lifetime. Additionally, survivors are three times more likely to experience major depression and four times more likely to attempt suicide. By sharing resources, educating ourselves and others, and providing support, we can help break the cycle of abuse and remind

survivors that they are not alone, and help is always available. Learn more about these statistics and other important information on the [National Domestic Violence Hotline website](#).

Crisis Support

In times of crisis, knowing where to turn for immediate help can be lifesaving. If there is an emergency or immediate danger of harm, please call **911**.

For those who need crisis support, the following resources are available to provide help and hope:

988 Suicide & Crisis Lifeline: Call, text, or chat **988** for confidential, free support available 24/7/365. Whether you're experiencing thoughts of suicide, a mental health crisis, substance use concerns, or emotional distress related to economic worries, relationships, sexual identity, illness, abuse, or loneliness, the 988 Lifeline is here to help. You don't have to be suicidal or in crisis to reach out—you can also call if you're concerned about someone else. **Spanish language support is available.**

- **National Domestic Violence Hotline:** Call 800-799-SAFE (7233) or text "START" to 88788. This service provides confidential support for anyone affected by domestic violence, whether you need help or are worried about someone else.
 - **Love is Respect:** A resource specifically for teens experiencing dating violence. Call 866-331-9474 or text "LOVEIS" to 22522.
 - **StrongHearts Native Helpline:** For Native American and Alaska Native survivors and their loved ones. Call 844-7NATIVE (844-762-8483) or visit StrongHeartsHelpline.org.
 - For more resources and crisis support, visit [Find Help and Services](#)
- To further support Domestic Violence Awareness Month, we've gathered the following helpful resources that cover a variety of topics related to domestic violence, intimate partner violence, and workplace impacts.

Workplace Resources:

- [Why is Gender-Based Violence and Harassment a Workplace Issue?](#)
- [Signs of Domestic Violence in the Workplace and What You Can Do as an Employer](#)
- [Intimate Partner Violence is a Workplace Issue](#)
- [Supervisors Can Make a Difference: The Workplace Impact of Domestic and Sexual Violence and Stalking \(Video\)](#)

General Domestic Violence Resources:

- [The Relationship Spectrum – Where Does Your Relationship Fit?](#)
- [Understanding Relationship Abuse](#)
- [Why People Stay in an Abusive Relationship](#)
- [Risk and Protective Factors for Intimate Partner Violence](#)
- [Warning Signs of Abuse](#)
- [Why People Abuse](#)

- [Abuse and Cultural Context](#)
- [LGBTQ+ Relationships and Dating Violence](#)
- [Plan for Safety: Tools to Help You Stay Safer](#)
- [Supporting Your Children](#)
- [What Consent Looks Like](#)
- [Being a Man: Preventing Gender-Based Violence](#)
- [Help for Abusive Partners](#)

Helping Others:

- [Start a Conversation](#)
- [Ways to Support a Domestic Violence Survivor](#)
- [Learn and Practice the 5 D's of Bystander Intervention \(YouTube Playlist\)](#)
- [Practicing Active Bystander Intervention](#)

We encourage you to explore the resources shared in this newsletter and to join us in raising awareness this **Domestic Violence Awareness Month**. If you or someone you know is affected by domestic violence, please know that help is available. Contact the resources above for confidential support or reach out to your Employee Assistance Program for further guidance.

Let's work together to foster a supportive environment and spread awareness to help those in need.

And, if you're struggling, or looking for some support, guidance, or helpful resources, please know that our [EAP](#) is here for you -- don't hesitate to reach out: [1-877-313-4455](tel:1-877-313-4455) or [online](#).