



Resources *for Living*[®]

October is domestic violence awareness month.

Abuse includes any words or behaviors that mean to cause harm. It can be physical, sexual and even emotional. Any form of abuse is dangerous to your well-being and health.

Learn more

Here are some resources that can help you identify abuse early and find the help you need.

- [Early warning signs of an abusive relationship](#)
- [What is emotional abuse and how can I know if I'm experiencing it?](#)
- [Leaving your abuser](#)
- [Domestic violence awareness: love shouldn't hurt](#)
- [Listen to this podcast to learn more about domestic violence and how to get help, transcript here](#)

If you or someone you know is experiencing domestic violence, the National Domestic Violence Hotline is a resource. Call **1-800-799-7233** / TTY **1-800-787-3224** or go to [**thehotline.org**](https://www.thehotline.org) to chat with a domestic violence counselor.

Need a little support?

Resources for Living is here for you 24/7. Visit us online or call anytime.

LA DWP Counselors:
(213) 367-3562

Hotline:
(888) 439-7327 (TTY: 711)

Website:
www.resourcesforliving.com
Username: ladwp
Password: eap

**We're here for you 24/7. Give us a call or visit us
online for resources and support.**

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1373917-01-01-RFL (10/22)