

What is Abuse?

Emotional abuse is being neglected, bullied, yelled at, teased, made fun of, called names.

Physical abuse is any form of abuse against your body such as being hit, kicked, not given food or water, being held against your will.

Sexual abuse is a person forcing, threatening, or tricking you into sexual activities. This can be looking at you, touching you, sex, or rape.

Economic abuse is a person using your money for something other than what you want or need; not letting you have or get to your money; stealing your things.

Abuse is against the law!

If you are being abused, please know

- It is not your fault.
- You are believed.
- You are not alone.
- Help is available.



If you are in immediate danger, call 911.

Confidential and free help on being safe is available:

24 hours a day, 7 days a week

Adult Protective Services

1-866-800-1409 (Voice)

1-888-206-1327 (TTY)

Illinois Domestic Violence Helpline

1-877-863-6338 (Voice)

1-877-863-6339 (TTY)

multilingual

National Suicide Prevention Lifeline

1-800-273-8255

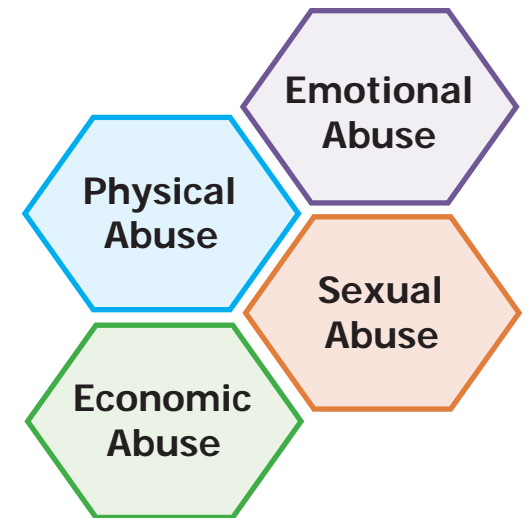
National Suicide Prevention Crisis Text Line

Text "hello" to 741741

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Am I Safe?

Domestic Violence and People with Disabilities and Deaf People



Envision Illinois

You can say what types of behavior or abuse that you don't like, that hurt you, or you don't want in relationships. You decide when to report abuse, when to end a relationship and what kinds of supports you need if you are in an unhealthy relationship.

Types of Abuse

Emotional Abuse



- threatening
- yelling
- name calling
- blaming

- withholding care/ equipment
- not meeting needs



- keeping you away from others

- using children/ family members to control you



Economic Abuse



- making you ask for your money
- giving you no money or only a small amount of money
- taking your money
- using your money for their wants and needs
- stealing your things
- stopping you from getting or keeping a job

Physical Abuse

- hitting
- slapping
- pushing
- kicking



- punching
- choking
- hair pulling
- rough handling

- using weapons
- hurting animals

