



PLAYS THE SAXOPHONE?

THEATRE GOER?

CLINICALLY DEPRESSED?

The impact of domestic violence on health.

Domestic violence can have an enormous effect on your mental health. It is now well accepted that abuse (both in childhood and in adult life) is often the main factor in the development of depression, anxiety and other mental health disorders, and may lead to sleep disturbances, self-harm, suicide and attempted suicide, eating disorders and substance misuse. The statistics speak for themselves. Abused women are at least three times more likely to experience depression or anxiety disorders than other women. One-third of all female suicide attempts and half of those by Black and ethnic minority women can be attributed to past or current experiences of domestic violence. Women who use mental health services are much more likely to have experienced domestic violence than women in the general population.

Help is closer than you think.

If this sounds familiar and you would like to speak with someone, there is a range of safe and confidential support available. Within (insert company name) you can talk to (insert appropriate company resource)